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INFANT FEEDING GUIDELINES

FORMULA INTAKE:

<u>AGE</u>	<u>SUGGESTED AMT. OF FEEDING</u>	<u># FEEDINGS PER DAY</u>
Newborn	2-3 ounces	6-8
2 weeks-3months	3-5 ounces	5-6
3-6 months	5-7 ounces	4-5
6-8 months	6-8 ounces	3-5
8-12 months	6-8 ounces	3-4

FEEDING TIPS:

- The American Academy of Pediatrics recommends that infants be fed breast milk or iron-fortified formula for the first 12 months of life.
- Burping: Try burping halfway through the feeding, and then again at the end.
- Honey should not be added to the formula since it may cause botulism
- Do not force your baby to finish a bottle
- 6 to 8 wet diapers a day is a good indication of adequate fluid intake.
- A baby should never be given a bottle in bed. This can cause tooth decay as well as choking and an increased risk of ear infections.

STARTING SOLID FOODS:

Solid food can be started at 4 months of age. Your baby's first solid food should be rice cereal on a spoon that has been mixed with formula or breast milk to a thin consistency. The following is an example of how solids can be incorporated into your baby's diet. The volumes listed should only be used as a guide.

<u>AGE</u>	<u>BREAKFAST</u>	<u>LUNCH</u>	<u>DINNER</u>
4 months	2-4 TBSP Infant Cereal	2-4 TBSP Infant Cereal	2-4 TBSP Infant Cereal
5-6 months	4 TBSP Infant Cereal 4 TBSP Strained Fruit	4 TBSP Strained Fruit 4 TBSP Strained Veggies.	4 TBSP Strained Fruit 4 TBSP Strained Veggies.
7-9 months	5 TBSP Infant Cereal 6 TBSP Strained Fruit	4 TBSP Strained Dinner 4 TBSP Strained Veggies 5 TBSP Strained Fruit	4 TBSP Strained Dinner 4 TBSP Strained Veggies 5 TBSP Strained Fruit
10-12 months	8 TBSP Cooked Cereal 6 TBSP Jr. Fruit	6 TBSP Jr. Dinner 5 TBSP Jr. Veggies 6 TBSP Jr. Fruit	6 TBSP Jr. Dinner 5 TBSP Jr. Veggies 6 TBSP Jr. Fruit

FEEDING TIPS:

- Buy iron-fortified infant cereal
- Do not add sugar, salt, or honey to foods
- Place desired portion of food in a separate bowl for feeding, do not feed directly from the jar
- Feed baby foods with a small infant spoon
- Juices may be started from a cup at 6 months of age. First juices can include apple, grape, and prune. Citrus juices, such as orange and grapefruit should be avoided until after 8 months of age.
- Limit juice and water intake to no more than 4 ounces per day for babies under 6 months; no more than 8 ounces per day for babies 6 months to 1 year.
- To prevent choking avoid foods such as apple chunks and slices, whole grapes and cherries, hot dogs, sausage links, peanut butter, popcorn, chips, round candies, hard chunks of uncooked vegetables, and all nuts and seeds.