













FOOD GUIDE FOR INFANTS

Food	Birth-3 Months	4-6 Months	6-8 Months	Remember...
Breastmilk	Breastfeed about 8-12 times in 24 hours	Breastfeed about 7-9 times in 24 hours	Breastfeed at least 6 times in 24 hours	<p>When Starting Solids:</p> <ul style="list-style-type: none"> • Add one new food at a time. • Wait at least 3-5 days until you introduce a new food. • Avoid carrots, turnips, collard greens, spinach and beets until at least 6 months of age. • Never put food, including cereal, in the bottle. • Your baby's bottle is for breastmilk, formula or water, NOT juice. <p>How many Tablespoons are in Jarred Baby Food?</p> <p>5 Tbsp =  2.5 oz</p> <p>8 Tbsp =  4 oz</p> <p>12 Tbsp =  6 oz</p> <p>Healthy Gums & Teeth:</p> <ul style="list-style-type: none"> • Wipe gums or teeth with a clean cloth. • Make the first dental appointment at about a year.
Infant Formula	0-1 mo: 12-24 oz/day 1-2 mo: 22-28 oz/day 2-3 mo: 24-32 oz/day 3-4 mo: 24-32 oz/day	24-32 oz/day	24-32 oz/day	
Fruits 	None: Exposure to solid foods before the age of 4 months may put your baby at risk for developing food allergies in the future.	<p>Start your baby on solids between 4-6 months of age (at your doctor's discretion) when baby:</p> <ul style="list-style-type: none"> • Is able to sit with support • Can support his/her head • Opens mouth for spoon • Can move food from spoon to throat • Is not satisfied on breastmilk or formula alone. <p><i>Start feeding your baby gradually with easy-to-eat foods like cereal, fruits, and veggies.</i></p>	Approximately 2-8 tablespoons per day Fresh, jarred, or cooked and mashed bananas, pears, avocados, and applesauce Avoid fruit desserts	
Vegetables 	None		Approximately 4-8 tablespoons per day Jarred or cooked squash, peas, green beans, carrots, sweet potatoes, and spinach	
Proteins 	None		Approximately 2-4 tablespoons per day Meats or poultry: plain, chopped, ground, cooked fresh or jarred (avoid dinner combos) Plain yogurt or tofu Thinned peanut butter	
Grains 	None		Approximately 4-8 tablespoons per day All varieties of iron-fortified cereal (by spoon) mixed with breastmilk or formula	
Water	None	None	4-8 oz. per day in a cup	
Juice	None	None	None	

The American Academy of Pediatrics recommends exclusive breastfeeding for the first 6 months and that breastfeeding continue for at least 12 months.

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Food	8-10 Months	10-12 Months	Remember...
Breast milk	Breastfeed about 4 times in 24 hours	Breastfeed about 2-4 times in 24 hours	<p>Avoid feeding honey to babies less than 1 year old.</p> <p>Avoid Choking Hazards:</p> <ul style="list-style-type: none"> • Hot Dogs • Thick or Chunky Peanut Butter • Whole Grapes & Berries • Nuts/Seeds/Raisins • Popcorn • Candy <p>Avoid high fat/sugar foods:</p> <ul style="list-style-type: none"> • Fast Food & French Fries • Sweetened Drinks (Fruit Punch, Vitamin Water, Powerade, Gatorade, Hi-C, Capri Sun, Kool-Aid) • Snacks (Cheetos and Chips) • Candy & Cakes <p>Weaning from the Bottle:</p> <ul style="list-style-type: none"> • Introduce a sippy cup at 6 months so that your baby is weaned from the bottle by 12-14 months. <p>Avoid cow's milk until 12 months of age.</p> <p> Eastern Idaho Public Health Prevent. Promote. Protect.</p> <p>This institution is an equal opportunity provider.</p> <p><small>Adapted from Montana WIC, New Jersey WIC, and The American Academy of Pediatrics.. Updated 10/2019</small></p>
Infant Formula	24-32 oz/day	16-24 oz/day	
Fruits 	Approximately 4-8 tablespoons per day Peeled, soft, fresh fruit or fruit canned in water or juice such as bananas, pears, and peaches Soft bite-sized pieces, no seeds or pits	Approximately 1/2 cup per day All peeled, soft fresh fruits including melons, mangos, and pineapple Canned fruit in water or juice Soft, bite-sized pieces, no seeds or pits	
Vegetables 	Approximately 4-8 tablespoons per day Cooked, mashed, chopped or soft bite-sized pieces (any vegetable)	Approximately 1/2 cup per day Cooked, mashed, chopped or soft bite-sized pieces (any vegetable)	
Proteins 	Approximately 2-4 tablespoons per day Cooked, soft, chopped ground meat, poultry or fish Cooked beans, lentils, tofu or eggs Cottage cheese and yogurt Peanut butter	Approximately 1/2 cup per day Ground, chopped or bite-sized pieces of lean meat, poultry, or fish Cooked beans, lentils, tofu or eggs Cottage cheese and yogurt Peanut butter	
Grains 	Approximately 4-8 tablespoons per day Any variety of plain or mixed infant cereal Unsweetened dry cereal, toast, crackers, and soft bread Up to 2 small servings per day	Approximately 2-3 small servings per day Whole grain, unsweetened, dry cereal, toast, crackers, breads, rice, noodles or other grains	
Water	4-8 oz. per day in a cup	4-8 oz. per day in a cup	
Juice	None	None	

Do not add sugar, corn syrup, or any sweeteners to foods or drinks. Infants do not need juice until after one year of age.