

# Feeding Guide for Healthy Infants

Endorsed by Sioux Valley Hospital, Avera McKennan Hospital and WIC

Foods	Birth-3 months	4-6 months	6-8 months	Remember
<b>Breast Milk on Demand</b>	8-12 feedings in 24 hours	7-9 feedings in 24 hours	4-6 feedings in 24 hours	<ul style="list-style-type: none"> <li>Your baby's bottle is for breast milk and formula only.</li> <li>Do not add cereal to bottles.</li> <li>Do not give your baby Kool-Aid, Hi-C, soda or fruit punch. These fluids can hurt your baby's teeth.</li> </ul>
<b>Infant Formula on Demand</b>	0-1 months/18-24 oz. 1-2 months/22-28 oz.	4-5 months/25-40 oz. 5-6 months/25-45 oz.	24-32 oz. Offer cup	
<b>Fruit Juices</b> (Diluted to 1/2 Juice - 1/2 Water)	NONE	NONE	100% fruit juice with Vitamin C *Offer 1-2 oz. in child-size cup 2 times a day	
<b>Cereals &amp; Breads</b>	NONE	Iron-fortified infant rice cereal by spoon, 2-4 tablespoons with breast milk, formula or water 2 times a day	*All types of plain, boxed infant cereals **Slowly start crackers, zwieback & toast 2 times a day	
<b>Vegetables &amp; Fruits</b> (strained baby food)	NONE	To watch for food reactions, start with one food at a time. Wait 5 days to add new foods – vegetables first, fruits second and meats last.  4-6 months: 2-4 tablespoons twice a day	6-8 months: 5-7 tablespoons	
<b>Protein Foods</b>	NONE	NONE	Strained meats and yogurt 1-2 Tbsp, 2 times a day	
<b>Water</b>	NONE	NONE	Offer cup	

## Food to avoid in the first 12 months:

- Bacon, lunch meats, hot dogs
- French fries
- Creamed vegetables
- Puddings, ice cream
- Cookies, candy, cakes
- Sweetened drinks (iced tea, soda, etc.)
- Eggs, honey, peanuts, peanut butter

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

\*\*Talk to your doctor to see if he/she feels your baby is ready for solid foods.