

Infant Feeding



Age	Developmental Cues	Breast Milk or Formula	Grains	Protein Foods	Fruits	Vegetables
Birth - 6 months	<ul style="list-style-type: none"> Sticks out tongue to latch onto breast or drink from a bottle. 	<ul style="list-style-type: none"> Breast Milk: 8-12 times/day. Infant Formula: 18-32 oz/day. 	None	None	None	None
6 - 8 months	<ul style="list-style-type: none"> Has head and neck control. Can sit up with help. Grabs small objects such as food or toys. Can move food to the back of the mouth using the tongue. 	<ul style="list-style-type: none"> Breast Milk: 6-9 times/day. Infant Formula: 24-32 oz/day. 	<ul style="list-style-type: none"> 2 to 4 Tbsp grains/day. Iron fortified infant cereal. Give iron-fortified infant cereal first, wait to give pieces of bread and rolls until infant is closer to 8 months. 	<ul style="list-style-type: none"> 2 to 4 Tbsp protein foods/day. Meat, poultry, fish, eggs, cheese, yogurt, beans, and lentils. All protein foods should be cooked, plain, strained, and pureed or mashed. 	<ul style="list-style-type: none"> 4 to 8 Tbsp of fruits/day. Fresh, frozen, canned, or commercially prepared fruits. All fruits should be soft, plain, strained, and pureed or mashed. 	<ul style="list-style-type: none"> 4 to 8 Tbsp of vegetables/day. Fresh, frozen, canned, or commercially prepared vegetables. All vegetables should be cooked, plain, strained, and pureed or mashed.
8 - 12 months	<ul style="list-style-type: none"> Can sit up without help. Grabs foods with thumb and index finger. Feeds self with thumb and index finger. 	<ul style="list-style-type: none"> Breast Milk: 4+ times/day. Infant Formula: about 24 oz/day. 	<ul style="list-style-type: none"> 4 to 8 Tbsp grains/day. Iron fortified infant cereals, soft pieces of bread and rolls, small pieces of plain crackers or cereal, and chopped-up soft cooked noodles. 	<ul style="list-style-type: none"> 4 to 8 Tbsp protein foods/day. Meat, poultry, fish, eggs, cheese, yogurt, beans, and legumes each day. All protein foods should be cooked; plain; and ground, finely chopped, or diced. 	<ul style="list-style-type: none"> 8 to 12 Tbsp of fruits/day. Fresh, frozen, canned, or commercially prepared fruits. All fruits should be soft, plain; and ground, finely chopped, or diced. 	<ul style="list-style-type: none"> 8 to 12 Tbsp of vegetables/day. Fresh, frozen, canned, or commercially prepared vegetables. All vegetables should be cooked; plain; and ground, finely chopped, or diced.

Note: Cheese and yogurt can be offered occasionally to infants starting at six months. **Cow's milk** should not be offered to infants before they are 1 year old.

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What are the Best First Foods for My Baby?

Your baby's first foods should be high in iron and zinc, which include iron-fortified infant cereal and protein foods such as pureed meats, poultry, or fish. Giving high iron and zinc foods to your baby every day will help her grow and develop. Make sure that any meats that you give your baby are cooked well done so that she doesn't get sick.

After giving iron-fortified cereal and/or pureed meats, continue to offer a new food every 3-5 days. Include all of the food groups, such as fruits, vegetables, grains, and proteins. By the time your baby is 7-8 months old, she should be eating a variety of foods from all of the food groups.



How Do I Introduce New Foods To My Baby?

Introduce one, single ingredient food at a time to your baby. This will help your baby get used to the new food, and help you to watch for any food allergies. Wait 3-5 days in between introducing new foods.

When introducing a new food, start by giving 1-2 Tbsp of the food. Starting with small amounts of foods will help your baby to get used to the different flavors and textures of new foods. As your baby gets older, she will have a bigger appetite for baby foods. Follow her fullness cues to know when she is done eating.

It is normal for babies to be unsure of new foods. As babies eat foods over time, they'll get used to the different textures and flavors. Babies may need to try a food more than 10 times before they start to like it.

Foods to Avoid:

- **Do not** give your baby any honey or foods containing honey (including honey crackers or cereal) until they are 1 year old.
- **Do not** give your baby any cow's milk before they are 1 year old.
- Avoid giving fruit juice, or mixing baby food or cereal in the bottle unless your doctor tells you to.
- Avoid giving your baby the following foods:
 - Caffeinated foods and drinks such as soda pop, coffee, or tea.
 - Sugary foods and drinks such as soda pop, sports drinks, ice cream, candy, or sugary cereals.
 - Artificial sweeteners, such as in "diet" foods and drinks.
 - Salty or fatty foods.



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