

FOODS TO GROW ON

Birth To 12 Months



INTRODUCTION

FOODS TO GROW ON: Birth To 12 Months is a guide which provides nutrition information for parents and caretakers of infants. Nutrition is important for the physical and mental development of your infant.

Eating habits are formed at a very early age. Parents can help infants develop good eating habits by making nutritious foods available in a pleasant setting.

This booklet is only a guide. Each baby's eating pattern varies according to growth rate, age, activity, and many other factors.

If you have any questions about the information in this guide, ask your doctor or registered dietitian.

YOUR NEW BABY

Now that you are home with your new baby, it may take two to three weeks or perhaps longer to get used to the feeding schedule. Many babies go through a hungry period or growth spurt at about two to four weeks of age. Babies will usually cry when they are hungry, but not every cry is a demand for food. Babies cry when they need to burp, want to be held, want their diaper changed, or have a need for sucking.

Remember, a fat baby does not mean a healthy baby. Overfeeding during the first year of life may be the beginning of a lifetime problem.

For breastfed babies, we suggest you wake your baby every two to three hours (day and night) the first week of life if the baby sleeps longer periods. This waking will be helpful in establishing your milk supply. Generally, breastfed babies wake every two and a half to three and a half hours.

For bottlefed babies, we suggest you wake your baby every three hours (day and night) for the first week of life if the baby sleeps longer periods.

The feeding of your baby may take 15 to 30 minutes. Relax and enjoy your baby. Always hold your baby comfortably close. At feeding times, babies receive both nourishment from their food and love from the persons feeding them. Most babies double their birth weight by four to six months, and triple their birth weight by 12 months.



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NS #638 – R02/05








BREASTFEEDING

TIPS on breastfeeding:

- ♥ Wash your hands before each nursing.
- ♥ Find a comfortable place to nurse so you can relax.
- ♥ The most common position is called the cradle hold. The baby should be on their side, facing you, tummy to tummy.
- ♥ Hold your breast in the "C" hold with your fingers under your breast and your thumb on the top.
- ♥ Brush your nipple against your baby's lips until they open wide. Your baby should take in the whole nipple and approximately 1 inch of your areola (darkened area around the nipple) in their mouth. When baby latches on, bring the baby close in to your body. The baby's nose and chin should be touching the breast.
- ♥ Your baby may want to nurse on one or both breasts. Wait until your baby stops nursing and lets go before switching sides. If your baby only nurses on one side, start with the other side the next feeding.
- ♥ Let your baby nurse as often as he desires. Newborns will typically nurse 8-12 times in a 24-hour period.
- ♥ Your baby does not need any formula or water. Breast milk is the perfect food.
- ♥ Always attempt to burp your baby after a feeding, although some babies may not burp after each feeding.
- ♥ Newborns should have approximately 6-8 wet diapers and at least 2 stools per day.
- ♥ You can return to work and still breastfeed by pumping your milk and storing it in the refrigerator or freezer until you need it. For information about breast pumps and milk storage, consult your healthcare provider, WIC nutritionist, or lactation consultant.

BOTTLE FEEDING




TIPS on bottle feeding:

-  Prepare formula as instructed on the label.
-  Use boiled or store bought water until 4-6 months of age. Then in most cases, it is okay to use tap water.
-  Holes in the nipples should be large enough for milk to come through easily but not so large that the milk comes too fast for the baby.
-  Opened cans of liquid formula should be covered and refrigerated immediately. Use the refrigerated formula within 48 hours.
-  If you do not have a refrigerator, use powder formula and make only one bottle of formula as it is needed for each feeding.
-  Do NOT save leftover formula in the bottle for the next feeding. Do not force the baby to finish the bottle at each feeding. Force feeding can cause feeding problems when the baby is older.
-  When feeding baby, tilt the bottle so that the nipple is filled with formula.







BOTTLE FEEDING CON'T

TIPS on bottle feeding:

-  During feeding, the baby will swallow some air. Burping will allow the baby to release the trapped air. Newborns and young babies should be burped after feeding from each breast or each ounce of bottle feeding.
-  NEVER prop baby's bottle while feeding. Make feeding time warm and pleasurable for you and your baby.
-  Do not coat the nipple with sugar or other sweetener in order to get acceptance of the bottle.

BIRTH THROUGH 4 MONTHS

During the first few months of life a baby needs only breast milk or iron-fortified formula. Your baby does NOT need solid foods before four months of age because:

-  Breast milk and formula have everything your baby needs to grow and be healthy.
-  Your baby does not yet have the skills to eat solid foods.
-  The early introduction of solid foods increases the possibilities of developing allergies.
-  The early introduction of solid foods may lead to overeating and obesity.

Remember, each baby is an individual; therefore, the frequency and size of feedings will vary.

Your baby is offered:

BREAST MILK

Birth to 3 months.....8 to 10 feedings every 24 hours or on demand for a length of 10-15 minutes minimum

3 to 4 months.....5 to 8 feedings every 24 hours or on demand for a length of 10-15 minutes minimum

or

IRON-FORTIFIED FORMULA

Birth to 1 month.....20 to 24 ounces every 24 hrs

1 to 2 months.....24 to 28 ounces every 24 hrs

2 to 3 months.....28 to 30 ounces every 24 hrs

3 to 4 months.....30 to 33 ounces every 24 hrs



4 TO 5 MONTHS

THIS IS THE PROPER TIME TO INTRODUCE SOLID FOODS TO YOUR BABY

Your baby is offered:

Breast milk.....5 to 8 feedings every 24 hrs or on demand

or

Iron-fortified formula....32 to 34 ounces every 24 hrs

4 TO 5 MONTHS CON'T

Add:

INFANT CEREAL



Cereals are baby's first solid food. Eating solids is a new experience for your baby. Cereals give energy for growth and iron for healthy blood.



To avoid possible allergic reactions such as diarrhea, vomiting and rash, offer single-grain baby cereals such as rice, barley, or oatmeal. Wait until your baby is eight months old to give wheat, mixed cereal, and high protein cereal.



Begin with one tablespoon of dry cereal mixed with two to three tablespoons of breast milk or formula; make it thin. As the baby gets older, you can gradually make the cereal thicker and increase the amount to two tablespoons a day.



Feed cereal from a small spoon, NOT in a bottle or infant feeder. Throw away uneaten cereal after the feeding.



Your baby does not need sugar or margarine in the cereal.

5 TO 6 MONTHS

Your baby is offered:

Breast milk.....5 to 6 feedings every 24 hrs or on demand
or

Iron-fortified formula....32 to 34 ounces every 24 hrs

Infant cereal.....2 to 3 tablespoons a day, mixed with breast milk or formula

Add:

VEGETABLES



Vegetables are a source of vitamins and minerals necessary for growth and development. They also provide bulk to prevent constipation.



Start with plain, strained vegetables, one at a time. Yellow/orange vegetables such as carrots*, squash, and sweet potatoes are often liked better at first. Then offer peas, green beans, spinach*, and beets*.



Begin with one tablespoon of vegetables and increase to three tablespoons.



Try the same vegetable for three to five days. Watch for any reactions such as diarrhea, vomiting, and rash. Do not offer two new foods at the same time.



Homemade baby foods are easy to make and can save money.



Do not add salt, extra fat, and spices to your baby's food.



Open jars of commercially prepared baby food should be refrigerated immediately and used within 48 hours.



Heat only the amount of food your baby needs for each feeding. Do not heat the whole jar.



Foods should be fed from a small dish, not directly from the jar. Do NOT save leftover food for the next feeding.

*By 6 months of age, spinach, beets, carrots, turnip, and collard greens, whether home grown or commercially prepared, should be tolerated. For some infants who are sensitive to high nitrate levels, only commercially prepared strained or junior spinach, beets, and carrots should be served. As a general precaution for all infants, feed only 1 to 2 tablespoons of home grown or canned spinach, beets, carrots, turnip, or collard greens, at a time.

6 TO 7 MONTHS

Your baby is offered:

Breast milk.....4 to 6 feedings every 24 hrs or on demand

or

Iron-fortified formula....30 to 32 ounces a day

Infant cereal.....4 to 5 tablespoons a day, mixed with breast milk or formula

Vegetables.....3 to 4 tablespoons or 1/2 jar a day

Add:

FRUITS



Begin with one tablespoon and increase to three tablespoons a day. Offer strained fruits one at a time.



Fruit desserts are generally higher in calories and lower in vitamins than strained fruits.

FRUIT JUICE



Two to four ounces a day. Use baby juice with vitamin C added.



Start with apple juice. Do not give citrus juice until your baby is one year old, to prevent possible allergic reaction.



Do NOT feed juice by bottle because it can cause tooth decay. Offer juice only in a cup.



Use 100% fruit juices. Do not use fruit-flavored drinks such as "Koolaid" or soda.

TOAST



When your baby is teething, you may offer dry toast or zwieback♦. Babies do not need cookies or other sweets because sugar is harmful to new teeth.

♦Zwieback can break off into small pieces. Watch your baby carefully if you give him this.



7 TO 8 MONTHS

Your baby is offered:

Breast milk.....4 to 6 feedings every 24 hrs or on demand

or

Iron-fortified formula....26 to 32 ounces a day

Infant cereal.....6 to 8 tablespoons a day, mixed with breast milk or formula

Vegetables.....4 to 6 tablespoons a day

Fruits.....4 to 6 tablespoons a day

Fruit juice.....2 to 4 ounces a day

Dry toast.....as needed

Add:

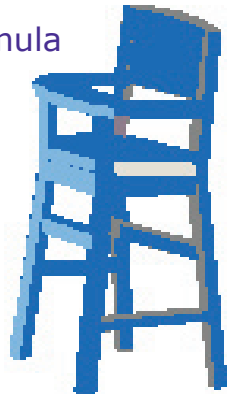
MEATS



Begin with one teaspoon of plain, strained meat and gradually increase to two tablespoons.



Buy plain, strained meats such as chicken, liver, beef instead of vegetable-meat combination dinners. Plain meats provide more protein and iron than vegetable-meat dinners.



7 TO 8 MONTHS CON'T



Baby does not need added seasonings such as salt, pepper, fat, gravy, or ketchup.

DRIED BEANS



Beans are good substitutes for meat. Cook the beans until soft. Do not add seasonings or fat.



Put the cooked beans through a sieve to remove the skins. Thin with the bean juice from cooking.

EGG YOLK



Use the yolk (yellow part of the egg) only. Do NOT feed the egg white until the baby is one year old because of the chance of an allergic reaction.



Mash the hard-cooked yolk with a fork and mix with a little breast milk or formula.



Begin with one teaspoon of egg yolk and gradually increase the amount each day until the whole yolk is eaten.

FORMULA IN A CUP



Use a small plastic cup with two side handles.



Offer two to four ounces or less at one time in the cup. During this period when the baby is learning to use a cup, offer it once a day and gradually increase its use and decrease the use of the bottle.

At this age, offer your baby food from the table. It is important to offer foods that encourage chewing. Limit strained foods. Start with easy-to-mash foods such as cooked potatoes and carrots. Then add other cooked vegetables and cooked fruits.

8 TO 10 MONTHS

Your baby is offered:

Breast milk.....2 to 5 feedings every 24 hrs (3 to 4 ounces offered in a cup)

or

Iron-fortified formula.....26 to 28 ounces a day

Infant cereal.....8 to 12 tablespoons a day, mixed with breast milk or formula

Vegetables.....6 to 10 tablespoons a day

Fruits.....6 to 10 tablespoons a day

Fruit juice.....4 ounces a day

Meat/meat alternatives.....1 to 3 tablespoons a day

Dry toast.....as needed

Add:

CHEESE



Cottage cheese and mild yellow cheese

YOGURT



Plain, without seeds or fruit skins



Continue to encourage babies at this age to feed themselves pieces of cooked vegetables and fruits. Also offer crumbled hamburger, soft meatloaf, tender chicken, tuna fish (water-packed), and tender strips of beef and pork.

10 TO 12 MONTHS

Your baby is offered:

Breast milk.....2 to 4 feedings every 24 hrs

or

Iron-fortified formula.....20 to 24 ounces a day

Infant cereal.....8 to 10 tablespoons a day, mixed with breast milk or formula

Vegetables.....6 to 12 tablespoons a day

Fruits.....6 to 12 tablespoons a day

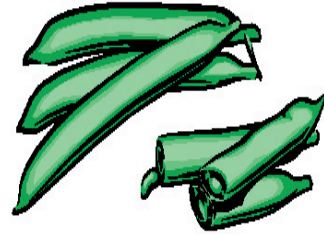
Fruit juice.....4 to 6 ounces a day

Meat/meat alternatives...3 to 4 tablespoons a day

Whole egg.....1 per day (at 12 months)

Dry toast or bread.....1/2 to 1 slice a day

Macaroni or noodles.....4 to 6 tablespoons



Your baby should be eating most of the foods from the table and learning to self-feed. They will pick food up with their fingers, and may practice with a spoon. Expect your baby to be messy while learning self-feeding.

FINGER FOODS



Cooked carrots (cut carrot coins into quarters), cooked green beans, banana slices, pear slices, peach slices, watermelon, soft cantaloupe, cheese slices, crackers, and macaroni.

DECREASE IN APPETITE



Toward the end of the first year, your baby will stop growing so rapidly and the appetite will decrease. You will notice that your baby will not drink as much milk, may not like vegetables, and may seem to have many likes and dislikes. This period may last a few months or may last several years.

FEEDING TIPS



Offer your child small servings of food. Large servings tend to discourage a child.



If the child does not like certain foods, be sure to keep offering them occasionally. A child's taste for food changes frequently.



Introduce a new food along with a food the child likes.



Do not offer snacks close to mealtime. Your child may not eat well if snacks are served close to mealtime. Avoid sweets and chips.



Do not put your child to bed with a bottle of milk, juice, or other sweet liquids. This may lead to tooth decay and may mean the early loss of baby teeth, and also may lead to an ear infection.



Avoid hard or round foods that may cause choking such a hot dogs, grapes, nuts, hard candies, raisins, popcorn, apple pieces, raw carrots, cauliflower, and radishes.



Avoid foods that may replace nutritious foods and encourage a "sweet tooth" such as cookies, pastries, sugar-coated cereals, candies, "Koolaid," cakes, soft drinks, and artificially-flavored fruit drinks.

