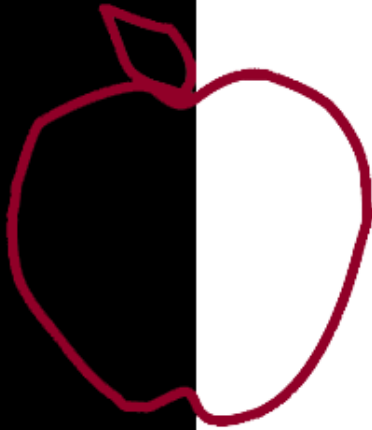


SIX To TWELVE MONTHS FEEDING YOUR BABY



Giving your child the proper amounts of the right foods can be difficult. But don't worry. To help you make good decisions about feeding your baby, follow these general guidelines when your child is 6 to 12 months old.

Remember that every baby is different, so watch your child carefully for special needs and abilities. Take the next step in feeding when your child is ready.

When offering a new food to your baby, wait at least 3 days before introducing another one. This will help you determine if the child develops an allergy or intolerance to the food.

Don't assume your baby dislikes a certain food. It is very common for a child to push food out with the tongue when first starting to eat solid foods. The infant is learning to coordinate his lips and tongue to swallow. Allow time for your baby to get used to this new way of eating.

THE FOLLOWING CHART INDICATES WHAT 6 TO 12 MONTHS OLDS SHOULD CONSUME ON A DAILY BASIS WITH SOME HELPFUL TIPS.

6-8 months

Food	Serving Size	Daily Servings
Breast milk or formula with iron	23-32 oz. or 3-5 nursings	Daily
Infant cereal with iron prepared with breast milk or formula	2-3 Tbsp.	2
Strained or mashed vegetables or fruits <i>Some experts suggest giving vegetables before fruits to increase baby's acceptance of vegetables.</i>	2-4 Tbsp.	2
Fruit juice from a cup <i>Start with 1/2 juice and 1/2 water to avoid diarrhea. Wait until baby is 12 months to give citrus fruits or juice (orange, grapefruit).</i>	2-4 oz.	No more than 4 oz. per day
Strained meats	1-2 Tbsp.	1
Plain toast or teething biscuit	1/2 - 1	1

9-10 months

Food	Serving Size	Daily Servings
Breast milk or formula with iron	23-32 oz. or 3-4 nursings	Daily
Add: other infant cereals - wheat or mixed grains	2-3 Tbsp.	2
Mashed vegetables or fruit <i>Let baby practice holding his own spoon while feeding.</i>	3-4 Tbsp.	2-4
Fruit juice from a cup	4 oz.	No more than 4 oz. per day
Ground beef, chicken, turkey, or fish, egg yolks, dried beans <i>Wait until baby's first birthday to give egg whites to avoid allergy.</i>	2-3 Tbsp.	2
Add finger foods: toast squares, cooked vegetables, crackers, cheese cubes, peeled soft fruit slices, chopped tender meats, dried beans		

11-12 months

Food	Serving Size	Daily Servings
Breast milk or formula with iron from a cup	23-32 oz.	Daily
Fruit juice from a cup <i>May have orange juice at 12 months</i>	4 oz.	No more than 4 oz. per day
Vegetables and fruit (bite size)	3-4 Tbsp.	2-4
Cereal - or starches like potatoes, noodles or rice	2-3 Tbsp.	2
Bread or crackers	1/2 slice 2	2-3
Ground or chopped meat, chicken, turkey, fish, egg yolk, dried beans (mashed)	2-3 Tbsp.	2

Dietitian: _____

Phone: _____

