






FOOD FOR BABY'S FIRST YEAR: The following amounts are average guidelines. Sometimes your baby may eat more or less.

GROWTH STAGES:

Birth to 5 Months	6 Months	7 to 8 Months	9 to 10 Months	11 to 12 Months	1 Year
<ul style="list-style-type: none"> • Cuddles during feeding • Turns head toward nipple • Stops eating when full • May not want to eat on set schedule <p style="text-align: center;">BREAST MILK According to baby's needs OR IRON-FORTIFIED FORMULA</p>  <p>(amount varies depending on baby's activity)</p> <p>1 mo—18-26 oz./day 2 mo—22-32 oz./day 3 mo—24-35 oz./day 4 mo—29-40 oz./day 5 mo—29-40 oz./day</p> <p>Discard leftover formula immediately because bacteria from the baby's mouth contaminates the formula. The bacteria can grow and multiply. Solid foods are not needed until baby is 6 months old.</p>	<ul style="list-style-type: none"> • Sits supported or alone with head steady • Opens mouth for spoon • Can move food from front of mouth to back • Stop feeding when baby turns away, closes lips or fusses • Introduce cup <p style="text-align: center;">BREAST MILK OR FORMULA 6 mo—28-40 oz./day</p>  <p style="text-align: center;">INFANT CEREAL (from spoon; see insert) Begin with 1 T* cereal mixed with 1-2 T breast milk or formula First, RICE Then, OATS or BARLEY</p> <p>FRUITS & VEGETABLES Start with 1-2 T of single strained fruit or vegetable (see insert) and offer it 1-2 times per day.</p> <p style="text-align: center;">* T=Tablespoon</p>	<ul style="list-style-type: none"> • Scrapes food from table/tray to hand to mouth • Sits unsupported • Begins chewing • Drinks from cup-may lose a lot • Baby will turn away or close lips when finished eating <p style="text-align: center;">BREAST MILK OR FORMULA 28-32 oz./day</p> <p style="text-align: center;">CEREAL 6 T per day Plain Cheerios can be offered for a snack</p>  <p style="text-align: center;">VEGETABLES 2-3 T two times per day Strained or blended fruits (pears, peaches, apricots, etc.)</p> <p style="text-align: center;">STRAINED MEAT Start with 1 T and increase up to 3 T or 1/2 jar (turkey, beef, pork or chicken)</p>	<ul style="list-style-type: none"> • Begins to feed self with hands • Can use cup with help • Put new food on baby's lips to give a taste so baby can decide if he likes it <p style="text-align: center;">BREAST MILK OR FORMULA 24-32 oz./day</p> <p style="text-align: center;">CEREAL 5-8 T per day</p> <p style="text-align: center;">VEGETABLES & FRUITS 2-4 T cooked vegetables & peeled, soft fruits (slices) or jar foods twice a day</p> <p style="text-align: center;">FINGER FOODS Toast squares or crackers Cereal, such as plain Cheerios</p> <p style="text-align: center;">MEAT 3 T meat that is ground or chopped into small pieces, or 3 T jar foods 1-2 times per day Cottage cheese or Yogurt</p> 	<ul style="list-style-type: none"> • Can use spoon and cup • Enjoys having meals with family <p style="text-align: center;">OFFER A VARIETY OF TABLE FOODS FROM FOUR FOOD GROUPS (cooked or soft; chopped or small bites)</p> <p style="text-align: center;">BREAST MILK OR FORMULA 24-30 oz./day</p> <p style="text-align: center;">MEAT 2-3 T ground or chopped meat, 2 times per day OR 1/2 jar/day</p> <p style="text-align: center;">CEREAL 8-12 T/day</p>  <p style="text-align: center;">FRUITS & VEGETABLES 2-4 T soft fruits or cooked vegetables from the family table OR jar foods twice a day</p>	<ul style="list-style-type: none"> • Can drink milk from cup • Wean from bottle <p style="text-align: center;">BREAST MILK OR WHOLE MILK 16-24 oz./day until 2 years of age</p> <p style="text-align: center;">CEREAL—8-12 T</p> <p style="text-align: center;">BREADS Breads, crackers, rice, macaroni, cereal</p> <p style="text-align: center;">FRUITS Fresh, canned, no skins</p> <p style="text-align: center;">VEGETABLES Cooked (peas, carrots, squash, green beans)</p> <p style="text-align: center;">MEAT/PROTEIN Chicken, yogurt, eggs, casseroles</p> <p>* All fruits, vegetables, and meats should be cut into small pieces (see insert).</p>

SOME IMPORTANT THINGS TO REMEMBER



1 Bottles are for water and formula only! Babies like to cuddle and to be held while drinking their bottle and it helps prevent ear infection, choking, and overeating.

- No cereal (use a spoon)
- No Kool-Aid, pop or sports drinks

To protect baby's teeth and prevent choking, do not let baby fall asleep with a bottle.

2 SOLIDS

Solids should be given by spoon, never in a bottle. Offer small amounts at first, make food thin and smooth by mixing it with a little formula or breast milk.

3 Never force your baby to finish a bottle or food.

- Your baby is the best judge of how much to eat.
- Baby is full when he/she stops nursing/sucking/eating and body feels relaxed.
- Overfeeding can lead to weight and eating problems.

4 AT FEEDING TIME

You and your baby are learning about each other. Relax, hold your baby close. Love is just as important as milk for your baby's health.

5 BABY FOOD SHOPPING TIPS



- Buy plain fruits (peaches, pears, etc.)
- Avoid fruit desserts (puddings, cobblers, etc.)
- Buy meat and vegetables separately for best nutrition value
- Avoid mixed dinners

FORMULA SCHEDULE

BABY'S AGE (in months)	Ounces per feeding	Number of feedings	Total ounces per day
0 - 4 weeks	3 - 4	6 - 8	18 - 24
1	4 - 5	5 - 6	20 - 30
2	5 - 6	5	25 - 30
3	6 - 7	4 - 5	24 - 35
4	7 - 8	4 - 5	28 - 40
5	7 - 8	4 - 5	28 - 40
6	7 - 8	3 - 4	28 - 32

When baby is 6 months old and takes more than 32 ounces of formula, consider starting solid foods.

7	8	3 - 4	24 - 32
8	8	3 - 4	24 - 32
9	8	3 - 4	24 - 32

Begin weaning. Use a cup more and a bottle less.

10 - 12	5 - 6	3 - 4	16 - 24
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Livingston County
Department of Public Health
 WIC Division

Feeding Your Baby



the first twelve months

(adapted from Northwest Michigan Community Health Agency)

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STOP Parent Alert!

CHOKING

Baby can choke on foods like nuts, raisins, popcorn, chunks of meat (hot dogs), fruits (grapes), raw vegetables (carrots), hard cheeses, and peanut butter

Do not add infant cereal or thickeners to your baby's bottle unless instructed by your physician

BURNS

Don't use a microwave to heat baby's bottle or food. This can burn your baby's mouth.

Microwaving breast milk can also destroy some of its nutritional value.

Always test the temperature of heated foods or liquids before feeding them to your baby.

BACTERIA

Always wash your hands before feeding your baby.

Dispose of any unused formula left in baby's bottle after one hour; do not save for the next feeding. Bacteria from the baby's mouth grow in the bottle over time.

Never feed baby directly from the jar. Spoon out what you think the baby will eat and discard any leftovers. Once open, baby food jars can be kept refrigerated for up to 3 days.

Do not share a spoon with your baby. Keep utensils separate.

Babies under 12 months of age should NEVER be given honey. This can cause your infant to become very sick with botulism.

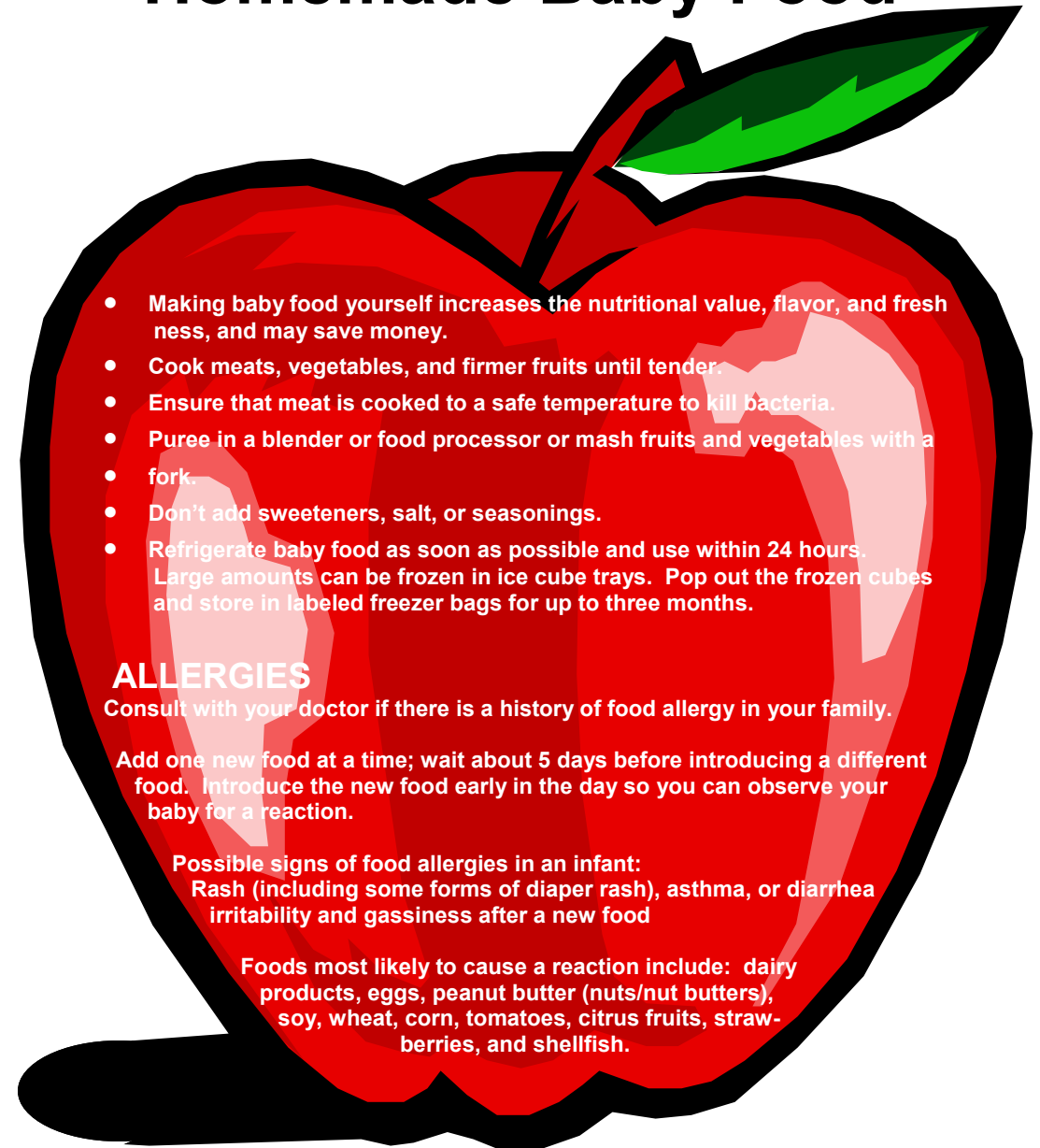
NITRATES

Nitrates in high concentration can make your baby sick. If preparing formula with well water, have it tested for nitrates first.

REMEMBER...

- Never put a baby to sleep with a bottle- this can cause choking and tooth decay.
- Babies do not need extra water- they get all the nutrients they need from breast milk or formula.
- Babies don't need sweeteners of any kind- they have no nutritional value and are harmful to baby's teeth.
- Only breast milk or formula should be given until after the first birthday.

Homemade Baby Food



- Making baby food yourself increases the nutritional value, flavor, and freshness, and may save money.
- Cook meats, vegetables, and firmer fruits until tender.
- Ensure that meat is cooked to a safe temperature to kill bacteria.
- Puree in a blender or food processor or mash fruits and vegetables with a fork.
- Don't add sweeteners, salt, or seasonings.
- Refrigerate baby food as soon as possible and use within 24 hours. Large amounts can be frozen in ice cube trays. Pop out the frozen cubes and store in labeled freezer bags for up to three months.

ALLERGIES

Consult with your doctor if there is a history of food allergy in your family.

Add one new food at a time; wait about 5 days before introducing a different food. Introduce the new food early in the day so you can observe your baby for a reaction.

Possible signs of food allergies in an infant:

Rash (including some forms of diaper rash), asthma, or diarrhea irritability and gassiness after a new food

Foods most likely to cause a reaction include: dairy products, eggs, peanut butter (nuts/nut butters), soy, wheat, corn, tomatoes, citrus fruits, strawberries, and shellfish.