

# Valley Children's

*Feeding Your Baby*

Birth-23 Months



Valley  
Children's  
HEALTHCARE

# What do I feed my baby from 0-12 months?

Age	Bottle	Solids
NEWBORN to 3 MONTHS	Breastmilk or iron fortified formula <b>ONLY</b> 2-3 oz every 3 hours	NO SOLIDS DO NOT add infant cereal to bottle **Do not start solids before 4 months
4-6 MONTHS	Breastmilk or iron fortified formula 4-6 oz every 3 hours	Spoon feed 1-2 tablespoons iron fortified infant cereal mix with breastmilk or formula 2x per day.  Start 1-2 tablespoons of vegetables then fruit 2x per day
6-8 MONTHS	Breastmilk or iron fortified formula 6 oz every 3-4 hours  May introduce water in cup	4-9 tablespoons cereal, fruit, and vegetables daily. 1-6 tablespoons meat and other protein foods (beans, mashed tofu, etc) per day.
9-12 MONTHS	Breastmilk or iron fortified formula 6 oz every 3-4 hours	1/4-1/2 cup grains, fruit, and vegetables 2x per day. 1/4 to 1/2 cup calcium rich foods 1/4 to 1/2 cup meat and protein foods per day.
1 YEAR	Provide whole milk 4 oz 4x per day until 2 years old. Do not offer more than 4 oz of juice per day. Transition to offering liquids in cup	3 small meals + snacks Offer fruits & vegetables at every meal. Do not offer foods that are known choking hazards.

Age	Texture	Grains	Veggies	Fruit	Protein
<b>4-6 MONTHS</b>	Cooked Puree	<ul style="list-style-type: none"> <li>Iron fortified infant formula</li> </ul>	<ul style="list-style-type: none"> <li>Green beans</li> <li>Spinach</li> <li>Kale</li> <li>Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>Apples</li> <li>Pears</li> <li>Raw banana</li> <li>Avocado</li> </ul>	<ul style="list-style-type: none"> <li>Chicken</li> <li>Turkey</li> <li>Beef</li> </ul>
<b>6-8 MONTHS</b>	Cooked Puree Cooked Soft Mashed	<ul style="list-style-type: none"> <li>Iron fortified infant formula</li> <li>Mixed grain cereal</li> <li>Dissolvable finger foods</li> </ul>	<ul style="list-style-type: none"> <li>Carrots</li> <li>Cauliflower</li> <li>Winter squash</li> <li>Sweet potatoes</li> <li>Peas</li> </ul>	<ul style="list-style-type: none"> <li>Mangos</li> <li>Honeydew</li> <li>Pears</li> <li>Peaches</li> <li>Nectarines</li> <li>Cantaloupe</li> <li>Papaya</li> </ul>	<ul style="list-style-type: none"> <li>Beef</li> <li>Chicken</li> <li>Turkey</li> <li>Fish</li> <li>Egg yolk</li> <li>Tofu</li> <li>Beans</li> </ul>
<b>8-10 MONTHS</b>	Soft Cooked Mashed Chopped Small Pieces Ground	<ul style="list-style-type: none"> <li>Cold cereals without sugar</li> <li>Pasta</li> <li>Soft grains</li> <li>Rice</li> <li>Unsalted crackers</li> <li>Toasted Bread</li> </ul>	<ul style="list-style-type: none"> <li>Carrots</li> <li>Cauliflower</li> <li>Winter squash</li> <li>Sweet potatoes</li> <li>Peas</li> <li>Summer squash</li> </ul>	<ul style="list-style-type: none"> <li>Mangos</li> <li>Honeydew</li> <li>Pears</li> <li>Peaches</li> <li>Nectarines</li> <li>Cantaloupe</li> <li>Papaya</li> </ul>	<ul style="list-style-type: none"> <li>Beef</li> <li>Chicken</li> <li>Turkey</li> <li>Fish</li> <li>Egg yolk</li> <li>Tofu</li> <li>Beans</li> <li>Cheese</li> <li>Yogurt</li> </ul>
<b>10-12 MONTHS</b>	Soft Cooked Mashed Chopped Small Pieces Ground	<ul style="list-style-type: none"> <li>All Grains</li> <li>Crackers</li> <li>Bread</li> <li>Cereals</li> <li>Pasta</li> <li>Rice</li> </ul>	<ul style="list-style-type: none"> <li>Carrots</li> <li>Cauliflower</li> <li>Winter squash</li> <li>Sweet potatoes</li> <li>Peas</li> <li>Tomatoes</li> <li>Finely chopped lettuce</li> <li>All veggies</li> </ul>	<ul style="list-style-type: none"> <li>Mangos</li> <li>Honeydew</li> <li>Pears</li> <li>Peaches</li> <li>Nectarines</li> <li>Cantaloupe</li> <li>Papaya</li> <li>Quartered grapes</li> <li>Chopped citrus fruit</li> </ul>	<ul style="list-style-type: none"> <li>Beef</li> <li>Chicken</li> <li>Turkey</li> <li>Fish</li> <li>Whole eggs, cooked</li> <li>Tofu</li> <li>Beans</li> <li>Thinly spread nut butters on toast</li> <li>Cheese</li> </ul>

## ✓ Birth to 4 Months

- Always hold your baby if you bottle feed. Never prop the bottle.
- Do not put your baby to bed with a bottle.
- Never start solids before 4 months.
- Never put infant cereal in bottle.

## ✓ 4-6 Months

- Start purees when baby can sit up without help, hold head steady, and keep food in mouth and swallow.
- Feed cereal with spoon only.
- Offer one new food at a time.
- Wait 3-5 days between offering new foods.
- Your baby will likely be ready for solids closer to 6 months.
- Never force baby to finish bottle or food.
- Offer single ingredient purees

## ✓ 6-8 Months

- Do not offer honey due to risk of botulism.
- Allow baby to feed self when able.
- Always watch baby during mealtimes to prevent choking.
- Do not add salt, sugar, or spices to food.
- You may introduce a small amount of water around 6 months.

## ✓ 9-12 Months

- Do not give liquids other than formula or breast milk under 1 year old.
- You may introduce a small amount of water around 6 months.
- Use cup more than bottle.
- Do not add salt, sugar, or spices to food.
- Let baby feed themselves with spoon/hand.
- Let baby sit at table with family.

## 4-6 MONTHS

### Breakfast

4-6 oz breast milk or formula  
1-2 TBSP iron-fortified infant cereal  
1-2 TBSP puree fruit or vegetables

### Feeding

4-6 oz breast milk or formula

### Lunch

4-6 oz breast milk or formula

### Feeding

4-6 oz breast milk or formula

### Dinner

4-6 oz breast milk or formula  
1-2 TBSP cereal or protein  
1-2 TBSP puree fruit or vegetable

### Feeding

4-6 oz breast milk or formula

## 6-8 MONTHS

### Breakfast

4-6 oz breast milk or formula  
2-4 TBSP iron-fortified infant cereal  
2-3 TBSP puree fruit or vegetable  
2-3 TBSP protein

### Feeding

4-6 oz breast milk or formula

### Lunch

4-6 oz breast milk or formula  
2-4 TBSP iron-fortified infant cereal  
2-3 TBSP fruit or vegetable  
2-3 TBSP protein

### Feeding

4-6 oz breast milk or formula

### Dinner

4-6 oz breast milk or formula  
2-3 TBSP protein  
2-4 TBSP infant cereal or other grain  
2-3 TBSP fruit or vegetable

### Feeding

4-6 oz breast milk or formula

## 9-12 MONTHS

### Breakfast

4-6 oz breast milk or formula  
2-4 TBSP Grain  
1-2 TBSP protein  
2 TBSP fruit or vegetable

### Feeding

4-6 oz breast milk or formula

### Lunch

4-6 oz breast milk or formula  
1-2 TBSP protein  
1-2 TBSP grain  
2-4 TBSP fruit or vegetable

### Snack

1/4 cup yogurt with cut-up soft banana

### DINNER

2-4 TBSP protein  
2-4 TBSP grain  
2-4 TBSP fruit or vegetable

### Feeding

4-6 oz breast milk or formula

# What do I feed my baby from 12-23 months?

## Grains

6 servings  
per day

1/3 cup  
Oatmeal

1/3-1/2 cup  
Cereal

1/4-1/3  
cup  
Rice

1/4-1/2  
Slice of  
Bread

1/4-1/3  
cup  
Pasta

1/4-1/2  
6 inch  
Tortilla

## Veggies

2-3 servings  
per day

1/4 cup  
Carrots

1/4 cup  
Broccoli

1/4 cup  
Green  
Beans

1/4 cup  
Cauliflower

1/4 cup  
Squash

1/4 cup  
Snap Peas

## Fruit

2-3 servings  
per day

1/3 cup  
Melon

1/3 cup  
Canned  
Peaches

1/3 cup  
Berries

1/3 cup  
Pineapple

1/3 cup  
Mango

1/3 cup  
Canned  
Pears

## Calcium

4-5 servings  
per day

1/2 cup  
Milk

1/2 cup  
Yogurt

1/2 oz  
Cheese

1/2 cup  
Ripple Milk

1 cup  
Cottage  
Cheese

1/2 cup  
Soy Milk

## Protein

2 servings  
per day

1-3 TBSP  
Chicken

1-3 TBSP  
Fish

1  
Egg

2-4 TBSP  
Beans

2-4 TBSP  
Tofu

1 TBSP  
Peanut  
Butter

## Day 1: Meal Plan

### Breakfast

1/3 cup Oatmeal  
1/2 cup Milk  
1/3 cup smashed Blueberries

### Snack

1/2 cup Yogurt  
1/3 cup Peaches

### Lunch

1-3 TBSP Chicken  
1/2 cup Rice  
1/2 cup Green Beans

### Snack

1/2 cup canned peaches  
10 Crackers  
1 cup Milk

### Dinner

2-4 TBSP Beans  
1/2 cup Milk  
1 Tortilla  
1/2 cup Cooked Carrots

## Day 2: Meal Plan

### Breakfast

1/2 cup Cereal  
1/2 cup Milk  
1/3 cup Strawberries sliced

### Snack

1/3 cup Banana  
1 cup Milk

### Lunch

1-3 TBSP Turkey  
1/2 cup Potatoes  
1/4 cup cooked Broccoli  
1/2 cup Yogurt

### Snack

10 Crackers  
1/4 cup Cauliflower

### Dinner

1-3 TBSP Fish  
1/2 cup Pasta  
1/4 cup Asparagus  
1/2 cup Milk

Choose Two:  
Fruit • Veggies • Starch • Protein

1/4 cup Black Beans  
+  
1 Corn Tortilla

Pretzel Sticks  
+  
1 TBSP Nut Butter

1/4 cup Snack Peas  
+  
1 TBSP Hummus

1/2 Medium Banana  
+  
1 TBSP Peanut Butter

Whole Grain Cereal  
+  
1/2 cup Milk

1/2 cup Canned Fruit  
+  
1/2 cup Cottage  
Cheese

Berries  
+  
1/2 cup Yogurt

2 TBSP Avocado  
+  
1 slice Whole Wheat  
Toast

Celery Sticks  
+  
1 TBSP Peanut  
Butter

Cooked Veggie  
Stick  
+  
1 TBSP Salad  
Dressing

Cucumbers  
+  
1 TBSP Cream  
Cheese

Fruit Smoothie



## Foods to Avoid

- Cheese cubes or blocks
- Chewing gum
- Dried fruit (raisins)
- Gummy fruit snacks
- Hard candy including caramels, cough drops, jelly beans, lollipops, etc.
- Hard pretzels and pretzel chips
- Ice cubes
- Marshmallows
- Corn
- Nuts and seeds, including breads, crackers, and cereals that contain nuts and seeds.
- Popcorn
- Spoonful of peanut butter or other nut butters. Spread nut butters thinly on other foods. Serve only creamy, not chunky, nut butters.
- Whole grapes
- Whole cherry tomatoes
- Whole cherries
- Raw carrots
- Sausages and hot dogs

Avoid serving foods that are as wide around as a nickel which is the size of a young child's throat.



## Make Eating Safe

- Cook or steam hard food, like carrots, until it is soft enough to pierce with a fork.
- Remove seeds, pits, and tough skins/peels from fruits and vegetables.
- Finely chop foods into thin slices, strips, or small pieces (no larger than 1/2 inch), or grate, mash, or puree foods.
- Grind up tough meats.
- Remove all bones from proteins.
- Discourage eating while playing

## Cut Round Foods into Smaller Pieces

Slice these items in half lengthwise



Then slice into smaller pieces (no larger than 1/2 inch).



## Cut tube-shaped foods into smaller pieces

Cut tube-shaped into short strips rather than round pieces.

