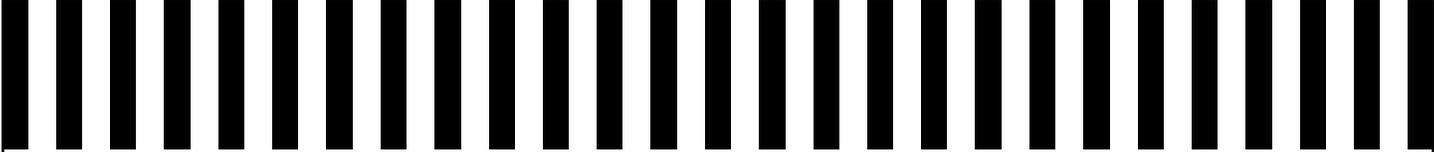




# Tips on Infant Feeding



Funded by First 5 Placer County  
Children and Families Commission



## **Sample Meal Plan for 5-6 Month Old**

### **Breakfast:**

- 2-3 tablespoons baby cereal
- 6-8 ounces breast milk/formula

### **Mid-morning:**

- 2-4 tablespoons strained or pureed fruit

### **Lunch:**

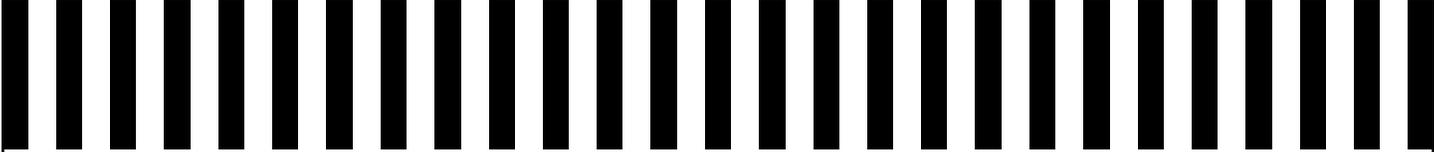
- 2-4 tablespoons strained vegetables
- 1-2 tablespoons baby cereal
- 6-8 ounces breast milk/formula

### **Mid-afternoon:**

- 6-8 ounces breast milk/formula

### **Dinner:**

- 2-4 tablespoons strained vegetables
- 1-2 tablespoons baby cereal
- 6-8 ounces breast milk/formula



## **Sample Meal Plan for Infants**

### **8-12 Months Old**

#### **Breakfast:**

- 3-5 tablespoons baby cereal
- 6-8 ounces breast milk/formula

#### **Mid-morning:**

- 2-4 ounces unsweetened 100% fruit juice
  - Diluted  $\frac{1}{2}$  with water
  - Given in a cup only
- Dry toast strips

#### **Lunch:**

- 3-4 tablespoons cooked vegetables
- 3-4 tablespoons pureed meat or mashed beans
- 6-8 ounces breast milk/formula

#### **Mid-afternoon:**

- 2-4 ounces breast milk/formula
- 2-4 pureed fruit
- 3-5 tablespoons baby cereal

#### **Dinner:**

- 3-4 tablespoons cooked vegetables
- 3-4 tablespoons cooked fruit
- 3-4 tablespoons pureed meat
- 6-8 ounces breast milk/formula

## **Average Infant Formula Feeding Guidelines**

<b><u>Age</u></b>	<b><u>Average # of feedings in 24 hours</u></b>	<b><u>Average amount per feeding</u></b>	<b><u>Average amount per day</u></b>
1-2 weeks	6-10	2-3 oz.	12-30 oz.
3-4 weeks	6-8	3-4 oz.	18-32 oz.
1-2 months	5-6	4-5 oz.	20-30 oz.
2-3 months	5-6	5-6 oz.	25-36 oz.
3-4 months	4-5	6-7 oz.	24-35 oz.
4-7 months	4-5	7-8 oz.	28-40 oz.
7-9 months	3-4	7-8 oz.	21-32 oz.
9-12 months	3	7-8 oz.	21-24 oz.

### **Changes in Formula Intake**

- 3-4 ounces every 3-4 hours for newborns
- Up to 8 ounces 3-4 times a day at 6 months
- 18-22 ounces a day at one year

## **Average Breastfeeding Feeding Guidelines**

<b><u>Age of Baby</u></b>	<b><u>Average Times to Breastfeed Your Baby Per Day</u></b>
First Weeks	8 to 12 times a day (every 1 1/2 to 3 hours)
1 to 2 Months	8 to 12 times each day
2 to 4 Months	6 to 12 times each day
4 to 6 Months	6 to 10 times each day
6 to 8 Months	5 to 8 times each day
8 to 10 Months	Breastfeed as often as you wish. Baby should be eating other foods. Breastfeeding continues to give your baby nutrition and comfort.
10 to 12 Months	Breast feeding is still great for feedings, snacks, and general comfort. Your baby will continue to add new foods to his/her diet.

## **Tips for Weaning from Breast to Bottle or to Cup**

- Allow plenty of time for adjustment.
- Wean gradually:
  - This allows time for baby to adjust
  - It also help prevent engorged breasts
- Continue holding and cuddling during transition period.
- Early morning and late evening nursing sessions are usually the hardest to give up. Wean these times last.
- If your baby is 8 months or older when you begin weaning, wean to a cup instead of a bottle.
- Never put sugar, corn syrup, or honey on the bottle nipple or in the bottle.

## **Guidelines for Introducing Solid Foods**

- Wait until your baby is ready, usually around 6 months.
- Introduce only 1 new food at a time.
- Start new foods a teaspoon at a time.
- Increase the amount little by little.
- Watch babies cues for fullness.

### **Steps in Texture**

<b>Age</b>	<b>Texture</b>	<b>Sample Foods</b>
5-6 months	Strained	Iron fortified cereals Strained fruits and vegetables
6-7 months	Mashed	Cooked or canned fruits
7-9 months	Minced Fine	Enriched bread, toast, potato, rice, macaroni
9-12 months	Chopped	Cereal, bread sticks, crackers, hard cheese, pieces of fruit and vegetable (cut in strips to avoid choking)

## Ability and Behavior During Infancy

<b>Age of Infant</b>	<b>What Infants Can Do</b>	<b>Infant Feeding</b>
Birth-4 months	Rooting reflex, suck-swallow pattern, tongue-thrust reflex, gag reflex, bite reflex, are present.	Can nurse from breast or bottle.
4-6 months	Tongue can remove food from roof of mouth and push food back to swallow. Rooting reflex disappears. Tongue thrust fades. Muscular control of lips develops. Sits with support. Can hold head up. Hands beginning to go to mouth.	Can begin to eat thin smooth solids from a spoon.
5-7 months	Bite reflex fades. Gag reflex weakens. Up and down chewing begins. Lower lip draws in as spoon is removed. Opens mouth when sees spoon. Turns head freely. Reaches for and grasps objects. Anticipates foods and eating.	Can easily eat pureed textures from a spoon. Indicates when full. Shows food preferences. Puts hand on bottle.
6-8 months	Chews up and down. Can close lips tightly. Teeth appear. Able to pick up objects with palm of hand and bring them to mouth. Begins to sit without support. Good control of head movement.	Can eat mashed or lumpy textured foods. Bites soft pieces of food. Can hold and eat a biscuit. Holds bottle. Can take sips from a cup when it is held by another person.
8-10 months	Lateral tongue movement or tongue moves from side to side. Can move food around in mouth. Begins to use fingers and thumb to pick up objects and bring them to mouth. Closes lips on a cup rim.	Can pick up and eat pieces of soft finger food. Able to drink from a cup with fewer spills.
9-12 months	Begins to chew with rotary movement. Good coordination of hand and mouth. Sits alone easily. Able to pick up and hold objects. Socializes.	Can eat table food which is ground and finely chopped or slightly mashed. Wants to feed self. Begins to experiment with spoon but prefers to use hands. Holds cup and drinks with less spillage. Joins family meals.



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