



# Feeding Your Baby



- Let your baby decide how much to eat and when.
- Breast milk or iron-fortified infant formula is the only food a baby needs from birth through 4 to 6 months of age. Cow's milk should not be fed to your baby until he or she is 1 year old.
- Do not feed your baby solid foods before 4 – 6 months of age. Start feeding your baby a very small amount of iron-fortified infant rice cereal mixed with breast milk or formula.
- Introduce one new food at a time to your baby.
- Vegetables and fruits can be introduced to your baby between the ages of 6 to 8 months.
- Provide safe finger foods for older babies (6 to 9 months old).
- Give your baby no more than 4 ounces of juice each day.
- Babies, 10 -12 months old, can sit and have three meals and two snacks with the rest of the family.
- **Children under 2 years of age should not be on low-fat diets. Fat and cholesterol are needed for baby's growth, including brain formation.**

## Mini-goals

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
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# Healthy Food Choices for the First Year

## For the 6-month-old

At 6 months, your baby is ready for solid food. Moms usually start with rice cereal. Begin by giving your baby a couple of teaspoons of cereal and gradually increase the amount.

## For the 9-month-old

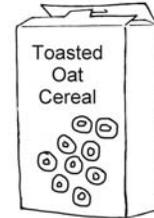
After your baby gets used to cereal, you can offer unsalted mashed vegetables and unsweetened fruits and fruit juices. Offer meat and egg yolk at 10 months. (No egg whites until 1 year old.)

### Snack ideas:

cottage cheese and fruit  
homemade graham crackers  
unsweetened breakfast cereals like O's  
applesauce  
plain toast  
small pieces of peeled fresh fruit: peach, pear, watermelon (remove seeds)

### Meal ideas:

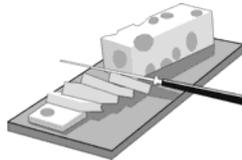
noodles stroganoff  
chicken stew  
turkey and noodles  
macaroni and cheese



## For the 10-12-month-old

### Sandwich ideas:

banana and creamy peanut butter  
carrot and chicken (grated carrots and cooked, pureed chicken)  
toasted cheese  
minced ham salad



### Snack ideas (cont.):

cheese slices  
meatballs  
vanilla pudding  
unsalted soft pretzel  
cooked carrot slices



### Snack ideas:

cottage cheese and fruit  
graham crackers  
unsweetened breakfast cereals like O's  
applesauce  
plain toast  
small pieces of peeled fresh fruit: peach, pear, or watermelon (remove seeds)

### Meal ideas:

noodles stroganoff  
chicken stew  
turkey and noodles  
macaroni and cheese  
goulash  
fish sticks  
tuna casserole

## Prevent choking

- Foods most likely to cause choking are round (like grapes), stick-shaped (like hot dogs), hard (like raw apple pieces and carrots) or thick and sticky (like peanut butter).
- Any food can cause choking if children put too much in their mouths at once. Cut food into bite-sized pieces until you are sure your child knows how to take tiny bites.
- Cookies and biscuits can cause choking in children under 2 years old.
- These foods can cause choking in children under 4 years old: hot dogs, popcorn, carrots, peanuts/nuts, hard candy, tough meats, apple pieces, large amounts of peanut butter, grapes.



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