



Feeding Guide for Healthy Infants

Endorsed by Sioux Valley Hospital, Avera McKennan Hospital and WIC

Foods	Birth-3 months	4-6 months	6-8 months	Remember
Breast Milk on Demand	8-12 feedings in 24 hours	7-9 feedings in 24 hours	4-6 feedings in 24 hours	<ul style="list-style-type: none"> Your baby's bottle is for breast milk and formula only. Do not add cereal to bottles. Do not give your baby Kool-Aid, Hi-C, soda or fruit punch. These fluids can hurt your baby's teeth.
Infant Formula on Demand	0-1 months/18-24 oz. 1-2 months/22-28 oz.	4-5 months/25-40 oz. 5-6 months/25-45 oz.	24-32 oz. Offer cup	
Fruit Juices (Diluted to 1/2 Juice - 1/2 Water)	NONE	NONE	100% fruit juice with Vitamin C *Offer 1-2 oz. in child-size cup 2 times a day	
Cereals & Breads	NONE	iron-fortified infant rice cereal by spoon, 2-4 tablespoons with breast milk, formula or water 2 times a day	*All types of plain, boxed infant cereals **Slowly start crackers, zwieback & toast 2 times a day	<p>Food to avoid in the first 12 months:</p> <ul style="list-style-type: none"> Bacon, lunch meats, hot dogs French fries Creamed vegetables Puddings, ice cream Cookies, candy, cakes Sweetened drinks (iced tea, soda, etc.) Eggs, honey, peanuts, peanut butter
Vegetables & Fruits (strained baby food)	NONE	To watch for food reactions, start with one food at a time. Wait 5 days to add new foods – vegetables first, fruits second and meats last. 4-6 months: 2-4 tablespoons twice a day	6-8 months: 5-7 tablespoons	
Protein Foods	NONE	NONE	Strained meats and yogurt 1-2 Tbsp, 2 times a day	
Water	NONE	NONE	Offer cup	

* The American Academy of Pediatrics recommends exclusive breastfeeding for the first 6 months and that breastfeeding continue for at least 12 months & beyond.

**Talk to your doctor to see if he/she feels your baby is ready for solid foods.