



Feeding Tips for Infants and Toddlers

(See back for 8 to 12 months and 12 to 24 months)

| | Birth to 6 months | 6 to 8 months |
|----------------------|---|--|
| Hunger Cues | <ul style="list-style-type: none">• Puckers lips.• Searches for nipple (rooting).• Makes sucking noises.• Keeps hand near mouth.• Bends arms and legs. | <ul style="list-style-type: none">• Reaches for spoon or food.• Points to food or bottle.• Opens mouth for food or nipple. |
| Fullness Cues | <ul style="list-style-type: none">• Stops or slows sucking.• Relaxes hands and arms.• Turns away from the nipple.• Pushes away.• Falls asleep. | <ul style="list-style-type: none">• Slows down in eating.• Closes mouth or pushes food away when offered.• May be more easily distracted by surroundings and lose focus on eating. |
| Tips | <ul style="list-style-type: none">• Always hold your baby while feeding.• Burp baby in the middle and at the end of feeding.• DO NOT heat bottle in microwave. It is not safe.• Breastmilk and/or formula will meet your baby's fluid needs; no need to give extra water.• A newborn's stomach is very small. Your baby will need less than 2 ounces per feeding to start. As he gets older, his stomach will be able to hold more. | <ul style="list-style-type: none">• Babies can choke easily; always watch your baby when he's eating.• Start with offering food once per day, and gradually increase to 3 meals per day.• All meals and snacks should be offered in a high chair.• Continue to hold your baby while bottle feeding; do not put your baby to bed with a bottle.• Only offer foods by spoon; do not add to bottle.• Do not add sugar or salt to your baby's foods.• Mealtime will be messy; be patient and have fun! |



Feeding Tips for Infants and Toddlers

| | 8 to 12 months | 12 to 24 months |
|----------------------|---|--|
| Hunger Cues | <ul style="list-style-type: none">• Reaches for food.• Points to food.• Shows excitement when food is presented.• Starting to feed on a regular schedule. | <ul style="list-style-type: none">• Expresses desire for specific foods with sounds or words.• Your child should have a meal and snack routine and should be fed on a schedule. |
| Fullness Cues | <ul style="list-style-type: none">• Pushes away food or bottle/cup.• Slows down in eating.• Shakes head to indicate “no more.” | <ul style="list-style-type: none">• Pushes away food or cup.• Slows down in eating.• Shakes head or uses words to indicate “no more.”• Playing with food but not putting it her mouth. |
| Tips | <ul style="list-style-type: none">• Offer a cup with 1-2 ounces of formula or water at every meal. Aim to stop using a bottle by 12 months.• Have a routine. Offer food at 3 regular meals and 2 snacks.• Do not add salt or sugar to your baby’s foods.• Avoid cow’s milk or ice cream before baby’s first birthday.• It may take offering a new food many times before your baby will like it.• Encourage self-feeding skills by offering small pieces of soft table foods.• Do not put your baby to bed with a bottle. | <ul style="list-style-type: none">• Offer small portions and let your child ask for more if interested.• Encourage your child to try at least one bite of all foods but never force or plead with your child to eat.• Do not let your child snack or drink milk/juice all day long.• Offer water to drink in between meals and snacks.• All meals and snacks should be offered in a high chair or at the table.• For optimal health and growth, avoid high-sugar foods such as candy and soda pop.• Do not put your baby to bed with a bottle. |

Infants and toddlers can choke easily. Never offer them nuts, popcorn, whole grapes, chips, peanuts, hard candy, raisins, raw vegetables or hot dogs. Infants and toddlers should always be supervised when eating.

Feeding Tips for Infants and Toddlers

| | Birth to 4 months | 4 to 6 months | 6 to 8 months | 8 to 12 months | 12 to 24 months |
|-----------------------------------|---|--|---|--|--|
| DEVELOPMENTAL CUES | <ul style="list-style-type: none"> Needs head support. If bottle-feeding, start with slow-flow nipple. Feeds should take no more than 30 minutes. Some gas and spit up is normal at this age. | <ul style="list-style-type: none"> May push food out of mouth with tongue. On stomach, pushes arms straight with elbows. Can hold head up steadily. | <ul style="list-style-type: none"> Opens mouth when sees food. Keeps food in mouth and swallows. Rakes food toward him in a fist. Begins chewing up and down. Can sit without support. | <ul style="list-style-type: none"> Can transfer food from one hand to another. Can pick up foods with thumb and index finger (pincer grasp). Holds cup independently. Bites through variety of textures. | <ul style="list-style-type: none"> Can self-feed finger foods. Beginning to self-feed with a spoon. Can drink from open cup or with straw. |
| BREAST FEEDING (only) | Nurse baby on demand. (at least 8-12 feed. per 24 hours) | Nurse baby on demand. (6-10 feeds per 24 hours) | Nurse baby on demand (6-8 feeds per 24 hours) | Breastfeed at regular times, after offering foods. (4-6 feeds per 24 hours) | Continue to nurse as long as mom and baby desire. Breastfeed at regular times, after offering foods. |
| INFANT FORMULA (only) | Daily: 0-1 month = 16-24 ounces 1-2 months = 19-28 ounces 2-4 months = 22-32 ounces | 27-45 ounces daily (4-6 ounces per feeding) | 24-32 ounces daily (5-8 ounces per feeding) | 24-32 ounces daily (4-8 ounces per feeding) | Whole milk offered instead of infant formula. 16 ounces per day in cup (4 ounces per serving) |
| CEREAL, BREAD and STARCHES | None | None *Talk to your doctor about the right time for your baby to start foods. | 1-2 servings iron-fortified infant cereal (mixed with breast milk or formula, offered by spoon, not bottle). (serving size = 1-2 tablespoons) | 2-3 servings iron-fortified infant cereal (mixed with breast milk or formula) or other soft, cooked starches like noodles or rice. May offer whole-grain, non-sugary dry cereal as finger foods. (Serving size = 2-3 tablespoons) | 2-4 ounces per day serving size, 1 ounce = 1 slice bread, 1 small tortilla, ½ cup cooked cereal, rice, or pasta, 1 cup dry cereal or 4 crackers. |
| FRUITS and VEGETABLES | None | None | Pureed, plain, 2-4 ounces (serving size = 1-2 ounces) | Pureed or soft and mashed, minced or chopped 4-8 ounces per day. (serving = 2-4 ounces) | Soft finger foods. 1 cup fruit per day ¾ cup vegetables per day. |
| MEAT and PROTEIN FOODS | None | None | Pureed, plain-cooked meats, silken tofu or beans. 1-2 ounces per day. | Minced or chopped meats or firm tofu, soft beans or egg. (serving size 1-2 ounces per day) | Small, soft chunks of meats or firm tofu, soft beans, lentils, nut butter, cheese, eggs or hummus. 1-2 ounces per day. Serving size, 1 ounce meat = size of a small matchbox, 1 egg or 1/4 cup cooked beans. |
| DAIRY | None | None | 1 ounce plain yogurt (1-2 tablespoons). | 2 ounces whole plain yogurt, shredded cheese or cottage cheese (2-4 tablespoons). | 2 cups per day 1 cup = 1 cup whole milk or yogurt, 1.5 ounces cheese, 1/3 cup shredded cheese. |
| WATER | None | None | May offer 2 ounces per day in a cup. | Offer in a cup daily. | Offer in a cup daily. |

| Birth to 4 Months | 4 to 6 months | 6 to 8 months | 8 to 12 months | 12 to 24 months |
|---|---|--|--|--|
| <ul style="list-style-type: none"> Nurse on demand. Formula-fed babies need to eat every 2-4 hours. | <ul style="list-style-type: none"> Nurse on demand. <p>Formula-fed babies need about 4-6 ounces formula every 3-4 hours throughout the day.</p> <p>*Talk to your doctor about the right time for your baby to start foods.</p> | <p>Breakfast:</p> <ul style="list-style-type: none"> 1/4 cup infant cereal 1-2 ounces fruit or vegetable Nurse or 4-6 ounces formula <p>Snack:</p> <ul style="list-style-type: none"> Nurse or 4-6 ounces formula <p>Lunch:</p> <ul style="list-style-type: none"> 1-2 tablespoons meat or meat alternative 1-2 ounces fruit or vegetables Nurse or 4-6 ounces formula <p>Snack:</p> <ul style="list-style-type: none"> Nurse or 4-6 ounces formula <p>Dinner:</p> <ul style="list-style-type: none"> 1/4 cup infant cereal 1-2 ounces fruit or vegetables 1 ounce whole yogurt Nurse or 4-6 ounces formula <p>Before bed: Nurse or 4-6 ounces formula</p> <p>*Start with offering food once per day, and gradually increase to 3 meals per day.</p> | <p>Breakfast:</p> <ul style="list-style-type: none"> 1/4 - 1/2 cup infant cereal 1/4 - 1/2 cup soft, diced fruit Nurse or 4-6 ounces formula <p>Snack:</p> <ul style="list-style-type: none"> Nurse or 4-6 ounces formula 1/4 cup cooked vegetables or diced fruit <p>Lunch:</p> <ul style="list-style-type: none"> 1/4 cup yogurt or cottage cheese 2-4 ounces pureed vegetables or 1/4 - 1/2 cup soft, diced vegetables Nurse or 4-6 ounces formula <p>Snack:</p> <ul style="list-style-type: none"> 1-2 whole wheat crackers 1/4 cup diced cheese or meat Nurse or 4-6 ounces formula <p>Dinner:</p> <ul style="list-style-type: none"> 1/4 cup meat, poultry, beans or tofu 1/4 cup pasta, potato or rice 1/4 cup green or orange vegetable 1/4 cup fruit <p>Before bed:</p> <ul style="list-style-type: none"> Nurse or 6-8 ounces formula (Follow with water or brush teeth afterward). | <p>Breakfast:</p> <ul style="list-style-type: none"> 1/2 cup iron-fortified cereal or 1 cooked egg 1/2 banana or 1/2 cup fruit 4 ounces whole milk <p>Snack:</p> <ul style="list-style-type: none"> 1/2 slice toast with butter or 1 teaspoon hummus or peanut butter Water or 4 ounces whole milk in a cup <p>Lunch:</p> <ul style="list-style-type: none"> 1/2 sandwich 1/4 cup cooked green vegetables 1/4 cup fruit 4 ounces whole milk <p>Snack:</p> <ul style="list-style-type: none"> 1/2 cup yogurt 1/4 cup diced fruit Water or 4 ounces whole milk in a cup <p>Dinner:</p> <ul style="list-style-type: none"> 1-2 tablespoons beans or cooked meat, ground or diced 1/2 cup cooked yellow or orange vegetable 1/2 cup pasta, rice or potato 4 ounces whole milk <p>Snack:</p> <ul style="list-style-type: none"> 1/4 cup applesauce 4 ounces whole milk in a cup |