

Infant Feeding – 6 to 9 Months

Breast milk or iron-fortified infant formula are an important part of your infant's diet and should be continued until your infant is at least 12 months old. If you have not started to offer pureed foods, now is the time. Slowly add new, plain, soft fruits, vegetables and meats. Breast fed babies need extra iron at this time. If your baby is not taking iron-fortified cereal, talk with your doctor about iron drops. Begin to offer fluids in a cup and encourage self-feeding skills.

Guidelines:

Breast Milk or Infant Formula: 24 to 36 ounces in 24 hours

The amount of breast milk or infant formula your infant takes may vary depending on how much he weighs and the amount of foods eaten. Bigger or more active babies may eat more.

Food:

Cereals	8 to 12 tablespoons mixed with breast milk or formula a day
Vegetables	2 to 6 tablespoons a day
Fruits	2 to 6 tablespoons a day
Meats or Meat Substitutes	2 to 4 tablespoons a day
Juice (optional)	2 to 3 ounces a day (give by cup)

Feeding Tips:

- A small amount of juice (2 to 3 ounces per day) may be offered. Do not use juice as a substitute for breast milk or infant formula. Offer apple, pear, or grape juice. Wait until 12 months of age before offering your baby orange, grapefruit, pineapple, or tomato juice.
- Offer a cup at every meal.
- Encourage 3 meals a day.
- Offer your baby a piece of well-cooked vegetable, like carrots or broccoli, or a piece of soft fruit at each meal. This will encourage self-feeding skills.
- Feed your baby in a high-chair. Try to feed your baby at the same time the rest of the family eats. Babies like company.
- Infants can choke easily and should be watched closely while eating. Never feed infants nuts, popcorn, grapes, chips, peanut butter, or hot dogs.
- If there is a family history of allergies, do not offer eggs or wheat until 12 months of age.
- Slowly add soft foods such as yogurt, mashed potatoes, and pudding.

- Feed your baby foods from a spoon and liquids from a bottle or cup. Never use an "infant feeder" syringe bottle.
- There is no need to add sugar or salt to your infant's foods.
- Meal times will be messy. Have fun! Be patient.
- As your infant becomes more independent he will want to self feed more.
- If your infant is teething, use a teething ring. He could easily choke on toast or zwieback.
- A few ounces (2 ounces) of water may be offered each day after foods have been added. Do not substitute water for breast milk or formula. Do not add sweeteners to the water.
- If commercial baby foods are used, take the amount of food from the jar you think your baby will eat. Put this food on a plate or in a bowl. Feed your baby from this food. Refrigerate the remaining food in the jar for up to 2 days. Dipping the spoon back into the jar after it has been in your infant's mouth will cause bacteria to grow and make the food unsafe.
- Do not add cereal to the milk in the bottle, unless recommended by your doctor. It does not make babies sleep longer.
- Avoid putting your baby to bed with a bottle of breast milk, milk, or juice. This may lead to tooth decay.
- Minimize distractions during meal times (turn off the TV).