

Pensacola Pediatrics

Infant Feeding Guidelines

Newborn to 4 months

- Breastfeed on demand or at least 8 – 10 feedings per day or formula feed. For formula feedings on average, a newborn consumes about 1.5 – 2 ounces every 2 -3 hours. At about 1 month, your baby may be taking 3 – 4 ounces every 3 – 4 hours. At about 2 months, your baby may be taking 4 – 5 ounces at each feeding and the feedings may be every 3 – 4 hours. At 4 months, your baby may be taking 4 – 6 ounces (depending on the frequency of feedings and his or her size).
- No additional water needed.
- No other foods needed at this time.
- No cereal added to bottle.
- Starting solid foods before 4 months of age can be dangerous and lead to food allergies.
- Breastfed babies require Vitamin D drops (D-Vi-Sol) for the first 4 months.

4 months – 6 months

- Breastfeed 4 – 8 feedings per day.
 - If you are not introducing food until 6 months old, your baby will need to change their vitamin to Poly-Vi-Sol with Iron.
- Formula 26 – 40 ounces per day.
- Some babies may be ready for solid foods as early as 4 months. Your baby is ready for solid foods when he or she sits up with support, pushes with straight elbows from lying face down, has doubled the birth weight, weighs 13 pounds or more, and allows a spoon to be put in his or her mouth without resistance.
- The recommended feeding schedule is as follows:
 - First 4 weeks
 - Begin with oatmeal or rice cereal.
 - A few teaspoons of pureed apples or pears may be needed to jump start feeding in reluctant infants.
 - Start with 2 -3 teaspoons of cereal mixed with breast milk or formula to make a soupy consistency.
 - Feed with a spoon!
 - The goal is 1 – 4 tablespoons, twice a day.
 - If you try and your baby is not ready, wait 2 – 3 weeks and try again.
 - The next 4 weeks
 - Add a meat (Stage 1) like chicken, beef, turkey, or ham with broth.
 - The next 4 weeks
 - Add one vegetable (Stage 1) every 3 – 5 days.
 - Once a food is tried without any reaction, that food may be continued while adding a new item.
 - Reactions to watch for would include hives or persistent vomiting.
 - The next 4 weeks
 - Add one fruit (Stage 1) every 3 – 5 days.
 - Fruits are started last to avoid developing a “sweet tooth” and a reluctance to eating vegetables
- Water (with fluoride) 4 – 8 ounces per day when solid foods are started.
- Juice is not recommended.
- After solid food is started, you baby should not consume more than 28 – 32 ounces or formula per day.
- If foods are prepared at home, do not add any salt or sugar
- Discard any opened jar foods after 2 days
- A recent peanut allergy study suggests that the introduction of peanut butter at 4 – 6 months of age will reduce the risk of developing a peanut allergy. **IF YOUR BABY HAS ECZEMA, YOU MUST SPEAK WITH YOUR DOCTOR PRIOR TO STARTING PEANUT BUTTER.** Your baby will need further testing and/or see an allergist (for more information see handout on LEAP study.)

6 – 8 months

- Breastfeed at least 3 – 7 times per day.
- Formula 24 – 32 ounces per day.
- Begin combination foods after each individual item is tried.
- Feed up to 3 meals per day of Stage 2 or thick pureed food (½ cup cereal, ½ cup fruit, ½ cup vegetables, ½ cup meat)
- Juice is **NOT** recommended.
- Begin to introduce a sippy cup

8 – 10 months

- Breastfeed 3 – 4 times per day.
- Formula 16 – 32 ounces per day.
- Start finger foods and/or Stage 3 or table foods.
- Cereal should be about 1 to 1½ cups per day total.
- Introduce peeled, soft fruits such as bananas, peaches, or pears. ½ to 1 cup per day total.
- Supplement with small bits of cheese or yogurt.
- Fresh or frozen vegetables should be cooked and mashed. ½ to 1 cup per day total.
- Meat, chicken, or fish should be lean, chopped, strained, or in small tender pieces. 1 cup per day total.
- The development of the pincer grasp is a good guide for the ability to chew and swallow.
- Juice is **NOT** recommended.

10 – 12 months

- Breastfeed 3 – 4 times per day.
- Formula 16 – 24 ounces per day.
- Cereal, bread, rice, and noodles should be about 2 cups per day total.
- All fresh fruits should be peeled and seeded. Canned fruits should be packed in water if possible. 1 cup per day total.
- Cooked vegetable pieces. 1 cup per day total.
- Small tender pieces of meat, chicken, fish, egg yolk, or cheese should equal 1 ½ to 2 cups total per day.
- Juice is **NOT** recommended.

Important Facts to Remember

- During the 1st year, feed only breast milk or formula, not milk. Whole milk is not given until after the 1st year. After 1 year, do not give more than 16 ounces of milk per day. After 2 years, skim or low fat milk is recommended.
- No hot dogs, peanuts, tree nuts, grapes, raisins, raw carrots, popcorn, or round candies should be given before age 4 due to choking hazards.
- No honey before 1 year old to avoid botulism.
- Fish should not be given until 6 months of age.
- Breastfeeding may be continued as long as mutually desired by the mother and child.
- Recent studies suggest there is no need to delay foods/ ingredients commonly thought to cause allergies in children (cow's milk, eggs, peanuts, tree nuts, and shellfish). Although it is not necessary to delay the addition of these foods until the child is 1 year old, the foods should only be introduced after all of the other foods are well established and only when the child is at home in case of a severe allergic reaction should occur (swelling of face or lips, pale skin, or trouble breathing).

IF YOUR CHILD HAS ANY REACTION TO ANY FOOD, YOU MUST DISCUSS THIS WITH YOUR BABY'S

DOCTOR BEFORE ADDING ANY NEW FOODS TO HIS OR HER DIET.