



# HOW TO FEED YOUR BABY STEP-BY-STEP



Every baby is very special. Don't worry if your baby eats a little more or less than this guide suggests. In fact, this is perfectly normal. The suggested serving sizes are only guidelines to help you get started.

AGE	FOOD GROUP	FOODS	DAILY SERVINGS	SUGGESTED SERVING SIZE	FEEDING TIPS
0-4 Months	Milk	Breast milk	On demand (about 8-12)		<ul style="list-style-type: none"> <li>■ Nurse baby at least 5-10 minutes on each breast.</li> <li>■ Six wet diapers a day is a good sign.</li> <li>■ There's no need to force baby to finish a bottle.</li> <li>■ Putting baby to bed with a bottle could cause choking!</li> <li>■ Heating formula in the microwave is not recommended.</li> </ul>
		OR			
		Formula* 0-1 month	6-8	2-5 oz	
		1-2 months	5-7	3-6 oz	
		2-3 months	4-7	4-7 oz	
		3-4 months	4-6	6-8 oz	
4-6 Months	Milk	Breast milk OR	4-6		<ul style="list-style-type: none"> <li>■ May need to start baby cereal (iron-fortified).</li> <li>■ Feed only one new cereal each week.</li> <li>■ There's no need to add salt or sugar to cereal.</li> <li>■ Offer baby extra water.</li> <li>■ Use the microwave with caution.</li> </ul>
	Grain	Formula* Baby cereal (iron-fortified)	4-6 2	6-8 oz 1-2 tbsp	
6-8 Months	Milk	Breast milk OR	3-5		<ul style="list-style-type: none"> <li>■ Add strained fruits and vegetables at first. Add mashed or finely chopped fruits and cooked vegetables later on.</li> <li>■ Feed only one new fruit or vegetable each week.</li> <li>■ Take out of the jar the amount of food for one feeding. Refrigerate the remaining food.</li> <li>■ Try giving baby fruit juice in a cup.</li> </ul>
		Formula*	3-5	6-8 oz	
	Grain	Baby cereal (iron-fortified)	2	2-4 tbsp	
		Bread, Crackers	Offer	1/2 2 crackers	
	Fruit	Fruit	2	2-3 tbsp	
		Fruit juice	1	3 oz (from cup)	
Vegetable	Vegetables	2	2-3 tbsp		
8-12 Months	Milk	Breast milk OR	3-4		<ul style="list-style-type: none"> <li>■ Add strained or finely chopped meats now.</li> <li>■ Feed only one new meat a week.</li> <li>■ Wait until baby's first birthday to feed egg whites. Some babies are sensitive to the egg white. It's okay to give baby the yolks.</li> <li>■ Be patient. Babies make a mess when they feed themselves.</li> <li>■ Always taste heated foods before serving them to baby.</li> </ul>
		Formula*	3-4	6-8 oz	
		Cheese		1/2 oz	
		Plain yogurt	Offer	1/2 cup	
	Grain	Cottage cheese		1/4 cup	
		Baby cereal (iron-fortified)	2-3	2-4 tbsp	
		Bread OR Crackers	2-3	1/2 slice 2 crackers	
	Fruit	Fruit	2	3-4 tbsp	
		Fruit juice	1	3 oz (from cup)	
	Vegetable	Vegetables	2-3	3-4 tbsp	
Meat	Chicken, beef, pork Cooked, dried beans OR Egg yolks	2	3-4 tbsp		
12-24 Months	Milk	Whole milk, yogurt	4	1/2 cup	<ul style="list-style-type: none"> <li>■ Add whole milk now.</li> <li>■ Offer small portions and never force your toddler to eat.</li> <li>■ "Food jags" are common now. Don't make a big deal out of them.</li> <li>■ Respect your toddler's likes and dislikes. Offer rejected foods again.</li> <li>■ Make meals fun and interesting. Serve colorful foods that are crunchy, smooth, or warm.</li> <li>■ Feed your toddler at least 3 snacks every day.</li> <li>■ Toddlers need meals <i>and</i> snacks. Feed your toddler at least 3 snacks every day.</li> </ul>
		Cheese		1/2 oz	
		Cottage cheese		1/4 cup	
	Grain	Cereal, pasta or rice	6	1/4 cup	
		Bread, muffins, rolls Crackers		1/2 2 crackers	
	Fruit	Cooked or juice	2	3 oz	
		Whole		1/2 medium	
	Vegetable	Cooked or juice	3	3 oz	
	Meat	Whole		1/2 medium	
		Fish, chicken, turkey, beef, pork	2	1 oz	
Cooked, dried beans or peas Egg			1/4 cup 1		

\*If you are bottle feeding, most doctors recommend iron-fortified formula. Ask your doctor which formula is best for your baby.