

Appendix D: Guidelines for Feeding Healthy Infants, Birth to 1 Year Old

(Note: These are general guidelines for the healthy, full-term infant per day; serving sizes may vary with individual infants.)

Age	Breast Milk or Infant Formula	Grain Products	Juices	Vegetables	Fruits	Protein-Rich Foods
Birth–4 Months	Breast: 8–12+ feedings Iron-Fortified Infant Formula: 14–42 ounces (~108 kcal/kg body weight)	None				
4–6 Months	Breast: 5 or more feedings Iron-Fortified Infant Formula: 26–39 ounces (~108 kcal/kg body weight)	Iron-fortified infant cereals or enriched hot cereals (1–2 Tbsp)	None	Plain strained or pureed cooked vegetables (1–2 Tbsp)	Plain strained or pureed fresh or cooked fruits (1–2 Tbsp)	Plain strained or pureed protein-rich foods such as meats, egg yolk, and legumes may be introduced if an additional food source of iron is needed
		The American Academy of Pediatrics (AAP) Section on Breastfeeding recommends exclusive breastfeeding for the first 6 months of life. The AAP Committee on Nutrition recommends that, in developed countries, complementary foods may be introduced between ages 4 and 6 months. This is a population-based recommendation, and the timing of introduction of complementary foods for an individual infant may differ from this recommendation.				
6–8 Months	Breast: 3–5 feedings Iron-Fortified Infant Formula: 24–32 ounces (~98 kcal/kg body weight)	Iron fortified infant cereals or enriched hot cereals (4–6 Tbsp) Dry toast, small pieces of crackers, or dry breakfast cereals and other grain products (4–6 Tbsp)	100 percent pasteurized fruit or vegetable juice (2–4 ounces) * Juice offers no nutritional benefit over whole fruits and vegetables. If offered, it should be in a cup.	Plain strained or pureed cooked vegetables (3–4 Tbsp)	Plain strained or pureed fresh or cooked fruits (3–4 Tbsp)	Plain strained or pureed protein-rich foods such as meats, egg yolk, and legumes (1–2 Tbsp)

Age	Breast Milk or Infant Formula	Grain Products	Juices	Vegetables	Fruits	Protein-Rich Foods
8–12 Months	Breast: 3–4 feedings Iron-Fortified Infant Formula: 24–32 ounces (~98 kcal/kg body weight)	Iron-fortified infant cereals or enriched hot cereals (4–6 Tbsp) Dry toast, small pieces of crackers, or dry breakfast cereals and other grain products (4–6 Tbsp)	100 percent pasteurized fruit or vegetable juice (2–4 ounces) * Juice offers no nutritional benefit over whole fruits and vegetables. If offered, it should be in a cup.	Plain pureed, mashed, or chopped cooked vegetables (3–4 Tbsp)	Plain pureed, mashed, or chopped cooked fruits (3–4 Tbsp)	Pureed or chopped lean meat, poultry, fish, egg yolk, cheese, yogurt, or mashed legumes (1–3 Tbsp)
Comments	<ul style="list-style-type: none"> • By about 12 to 14 months, try to wean entirely off the bottle and onto a cup. • An infant's health care provider may recommend feeding a small amount of sterile water (~4 to 8 ounces per day) in a cup when complementary foods are introduced. 	<ul style="list-style-type: none"> • Examples of other grain products include zwieback, bread, noodles, mashed rice, corn grits, and soft tortilla pieces. • Avoid wheat cereals until 8 months. • Do not add sugar or syrups to cereal. • Never add honey to cereal or any foods. • Avoid foods that may cause choking. 	<ul style="list-style-type: none"> • Avoid feeding soda, fruit punches, ades, and drinks, gelatin water, coffee, or tea. 	<ul style="list-style-type: none"> • It is not necessary to add salt, sugar, oil, butter, other fats, or seasonings. • Avoid foods that may cause choking. 	<ul style="list-style-type: none"> • Do not add sugar or syrups to fruits. • Never add honey to fruit or any foods. • Remove seeds and pits from fruits. • Avoid foods that may cause choking 	<ul style="list-style-type: none"> • Avoid fried meats, gravies, sauces, processed meats (e.g., hot dogs, luncheon meats, bacon, and sausage). • Check carefully for bones (especially in fish). • Do not feed any shellfish, peanut butter, whole eggs, or egg whites before 1 year of age. • Avoid foods that may cause choking.

Bibliography

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