

In the first few months of life the nutrition needs for your baby are fairly simple. Once they enter the world of solid foods, however, it's a whole new ball game. What your child eats has a big impact on both physical and mental development. Here's some guidance to help you make sure you're giving your child the nutrients needed for a healthy life.

NEWBORNS: one source of nutrients

From 0-6 months your child needs one source of food: breast milk or formula. Breast milk or formula contains everything your child needs to grow in these early stages. The amount of liquid they take will increase as they grow.

What about juice?

Babies under 12 months old are getting the fluids they need from breastmilk or formula. As your child gets older he may be thirsty between meals. We recommend sticking to water if any additional beverages are needed. We do not recommend juice. Juice can cause diarrhea, diaper rash or excessive weight gain.



INFANTS: making the transition to solid foods

The American Academy of Pediatrics recommends breastfeeding as the sole source of nutrition for your baby for about 6 months. When you add solid foods to your baby's diet, continue breastfeeding or formula feeding until at least 12 months. Since most breastfeeding babies' iron stores begin to diminish at about six months, good first choices for solids are those rich in iron such as iron-fortified infant cereals. What are some signs that it's time to start introducing solid food? The American Academy of Pediatrics has the following guidelines:

- Holds Head Up High.** Consistently and with strength, usually around 4 months of age.
- Sitting Pretty.** Able to sit on their own maybe with some support, usually around 6 months of age.
- Open Wide.** Watching food intently and opening mouth in anticipation of eating.

source: American Academy of Pediatrics

As your baby makes the transition to solid foods, you'll want to seek out a balanced diet for them. Offer a good variety of foods but do not overfeed your child, they will naturally give you cues when they are getting full. Only introduce one new food at a time so you can watch for any potential allergies. Introduce a new food every three days and see the chart at the end of this article for suggestions on the order and amounts of food

TODDLERS: portion size is key

Your challenges in feeding a toddler are different than those with an infant. Toddlers are busy little people! Always on the move - climbing, running, exploring - they are just learning how to do so many things and they often don't want to sit still to eat. You'll need to pay particular attention to what you offer both for meals and snacks to help make sure you're providing a healthy overall diet.

At meals you should be consciously making sure that each food group is represented. We often hear from parents who are concerned that their toddler isn't eating enough. It's important to remember that toddlers have smaller tummies and need smaller portions. The American Academy of Pediatrics recommends the following for measuring child-sized portions:

- Serve one-fourth to one-third of the adult portion size, or 1 measuring tablespoon of each food for each year of your child's age.
- Give less than you think your child will eat. Let your child ask for more if she is still hungry.

It's easy for toddlers to stick with bland, starchy foods but you'll want to make sure they are getting plenty of fresh fruits, vegetables and whole grains. These foods provide fiber which helps aid digestion and prevent constipation.

You should also pay special attention to how much calcium your toddler is getting. Calcium is needed to develop strong, healthy bones and teeth. Milk is the best source of calcium for young children but you can also offer calcium-fortified cereals, waffles and oatmeal.

TODDLERS & SNACKS GO HAND-IN-HAND

Chances are, your toddler isn't always finishing that well-rounded plate you provide at each meal. Snacks help balance out the somewhat uneven eating patterns of toddlers and are a great way to make sure your child is getting good nutrients and vitamins throughout the day - but only if you pick the right kinds of snacks. There are a lot of choices on the shelves that aren't the healthiest options. Spend some time reading labels. And consider the entire day's meals when you choose a snack so you're balancing food groups.

Raw vegetables, big chunks of any food and spoonfuls of peanut butter are choking hazards and should not be given to children younger than 4 years. You should also avoid nuts or popcorn because toddlers can't chew them well enough to be safe for swallowing. Toddlers should be feeding themselves so think of snacks that can help them continue to develop these fine motor skills. Offer simple, finger-friendly, bite-size foods and offer them in small portions - typically $\frac{1}{4}$ of a cup is a good sized snack for a toddler. Time the snacks to help even out mealtimes - mid-morning and mid-afternoon works well with most toddlers.



Infant through Toddler Feeding Guidelines

Remember...every baby is unique! They may eat more or less than this guide suggests.

AGE	FOOD GROUP	FOODS	DAILY SERVINGS	SUGGESTED SERVING SIZE	FEEDING TIPS
0-4 Months	Milk	Breast milk Or Formula 0-1 months 1-2 months 2-3 months 3-4 months	*On demand 8 or more 5-7 4-7 4-6	 2-4 ounces 3-5 ounces 4-6 ounces 6-8 ounces	<ul style="list-style-type: none"> • During the first weeks, nurse as long and often as your baby wants - every 1-1/2 hours is okay. • There's no need to force your baby to finish a bottle. • Putting a baby to bed with a bottle can cause choking and baby bottle tooth decay. • Heating formula in the microwave is not recommended as milk may heat unevenly and burn baby's mouth. • Breast fed babies need Vitamin D supplement daily, otherwise no vitamin supplements are necessary at this age.
4-6 AAP recommends breastfeeding alone for first 6 months	Milk	Breast milk Or Formula	*On demand 4-6	6-8 ounces	<ul style="list-style-type: none"> • Formula or breast milk has all the nutrition your baby needs, so it is fine to wait until 6 months to try other foods if you prefer or if your baby doesn't seem ready. • Start iron-fortified cereal by spoon when baby shows these signs of readiness: <ul style="list-style-type: none"> □ SITS WITH SUPPORT □ OPENS MOUTH WHEN FOOD IS OFFERED □ ABLE TO MOVE SEMI-SOLID FOOD FROM THE FRONT OF THE TONGUE TO THE BACK • After your baby has tolerated cereal for 2 weeks, you can start single fruits and vegetables. Try a new food for 2-3 days before trying another one.
	Grain	Baby cereal (iron-fortified)	1-2	1-2 tablespoons	
	Fruit/Veg.	Pureed single fruits and veggies	1-2	1-2 tablespoons	
6-8 Months	Milk	Breast milk Or Formula	*On demand 3-5	6-8 ounces	<ul style="list-style-type: none"> • Add strained vegetables and fruits first; then add cooked vegetables and mashed or finely chopped fruits later. • When using food from a jar, remove the amount for one feeding and refrigerate the unused portion. • Remember, it is okay to go slowly. As your baby eats more food, he/she will start taking less formula or breast milk. Most 6-24 month olds eat 5-6 times a day, and join in with regular family meal times. • For younger babies a "meal" may be just formula/breast milk and this is fine. • Most babies can sleep through the night without eating now, although some breast fed babies may still nurse once. • Maximum amount of formula should be 36 ounces per day.
	Grain	Baby cereal (iron-fortified)	2	2-3 tablespoons	
		Soft Bread or small Crackers	Offer	¼ slice or 2 crackers	
	Fruit	Fruit	2	2-3 tablespoons	
	Vegetable	Vegetables	2	2-3 tablespoons	
	Meat	Chicken, Beef, Pork	1	1-2 tablespoons	

*Breast fed babies generally feed a little more frequently than formula fed babies, but still go longer between feedings as they grow. After the first couple weeks, they usually settle into a routine and will nurse for 10-30 minutes total.



AGE	FOOD GROUP	FOODS	DAILY SERVINGS	SUGGESTED SERVING SIZE	FEEDING TIPS
8-12 Months	Milk	Breast milk Or Formula*	*On demand 3-4	6-8 ounces	<ul style="list-style-type: none"> Total formula amount decreases to about 20oz.a day by age 12 months. Offer fresh fruit and cooked vegetables in bite size portions. Some fruits may need to be peeled (apples, pears). Be patient. Babies are messy when they feed themselves. Always taste heated foods before serving them to your baby to make sure they are not too hot. Start to offer beverages in a cup. Formula in the cup is okay. Limit water to 4 ounces a day max. Offer finger foods to encourage self-feeding. They should be soft and small, about the size of a pea. Let your baby use a spoon for self-feeding. We do not recommend juice routinely. It can be fattening and bad for teeth
		Cheese Plain Yogurt Cottage cheese	May Offer	½ ounce ½ cup ¼ cup	
	Grain	Baby cereal (iron-fortified)	2-3	2-4 tablespoons	
		Bread or Crackers	1-2	¼ slice or 2 crackers	
	Fruit	Fruit	2	3-4 tablespoons	
	Vegetable	Vegetables	2	3-4 tablespoons	
	Meat	Chicken, beef, pork, dried beans (cooked)	2	3-4 tablespoons	
Egg yolk		1			
12-24 Months	Milk	Breast milk	**On demand		<ul style="list-style-type: none"> Transition to Vitamin D whole milk; however, children at risk of being overweight or who have a family history of obesity, heart disease or high cholesterol, should be given reduced fat milk instead of whole milk. Total milk amount should be between 16-24 ounces a day. Offer small portions. Never force your toddler to eat. Try to avoid power struggles over food by respecting your toddler's likes and dislikes. Offer rejected foods at another time. Make meals fun and interesting. Serve colorful foods that are crunchy, smooth, or warm. Toddlers need three meals and 2-3 snacks every day. Do your best to offer meals and snacks at about the same time each day. Don't get frustrated if your toddler eats very little some days. This is normal as long as his/her weight is okay. Wean your baby from a bottle to a cup if you haven't already. Talk with us if he/she is still taking a bottle at 13-14 months of age. Your toddler can eat almost any food that is in small pieces and easy to chew. Choking is still a big danger at this age. Avoid nuts, hard candy, popcorn and other hard foods.
		*Whole milk or yogurt	4	½ cup	
		Cheese	May Offer	½ ounce	
				¼ cup	
	Grain	Cereal, pasta or rice	4-5	¼ cup	
		Bread, muffins, rolls		¼ cup	
		Crackers		2 crackers	
	Fruit	Fruit	2	½ medium	
	Vegetable	Vegetables, fresh or cooked	4-5	¼ cup (cooked) ½ cup (cooked)	
	Meat	Fish, chicken, turkey, beef, pork	3-4	½ - 1 ounce	
Cooked beans or peas		1 tablespoon			
Egg		1			

**Usually 3-5 times a day
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