



## **Food and Your Baby**

### 0-4 months

- Your baby will be on breastmilk or formula for the first 4-6 months of his/her life.
- Colostrum is the first milk that the baby will be fed by you. Colostrum is extremely high in nutrients and will aid your baby to have his/her first bowel movement.
- Your baby will feed 8-12 times per day, usually 10-15 minutes on each breast.
- The best way to determine if your baby is getting enough milk is to count the number of wet diapers per day. During the first 3 days, your baby should have about 3 wet diapers per day. This will increase as your baby feeds more.

### 4-6 months

- Cereals and grains: It is recommended that your baby's first solid food be a single ingredient grain cereal.
- Between 4 and 6 months, your baby's iron will become depleted and this must be supplemented in diet. Your first choice should be a rice cereal.
- Your baby's first meal should be 2-3 teaspoons once daily and increase from there.
- Once you see that your baby is able to digest the rice cereal, you can now introduce other single ingredient cereals such as barley or oats.

### 6-7 months

- Vegetables and fruit: Fruits and vegetables are a source of vitamins A and C and should be cooked and strained.
- Start with introducing a few table spoons twice per day.
- great starters include sweet potatoes, peas, squash, pears, apples and bananas

### 7-9 months

- Meat and alternatives: These foods add more flavor, protein and iron.
- If you are introducing your baby to eggs, hold off on feeding the egg whites until 12 months old as the whites contain over 20 different kinds of proteins.
- Milk and milk products: Milk products introduces fat, protein and calcium.
- Start by giving your baby 1-2 tablespoons per day.
- good choices include plain yogurt, cottage cheese or hard cheese.

### 8-12 months

- Now you can introduce your baby to table food! When I say table food, I mean a small piece of bread, a small bit of fruit or a small vegetable. Your baby is ready to experiment with textures.
- Soft foods to introduce at this time include: bananas, pears, mangos, seedless grapes, plums, strawberries, avocados, melons, and peaches. Also, try cooked beans, carrots, peppers, zucchini and potatoes.
- Tip: Just because your baby does not like a food you introduce on the first try, keep introducing it later. Try reintroducing a few days later in between other foods that he/she really does like.