



Feeding Your Infant

Babies eat whenever they're hungry. When a baby opens or puts her fist in her mouth, that may be a sign that it's time for feeding. Children eat different amounts daily based on their needs. Never force a child to eat.



0–6 months

Breast milk or iron-fortified formula.

Nursing is the preferred method of nourishment.

Breast milk provides all known and unknown nutrients necessary for growth and development.



6–8 months

Breast- or formula-feed first.

When starting your infant on solid foods, introduce one new food at a time. Watch for reactions and allergies. Wait 3 days before introducing another new food.

Use small dish & spoon. Portions should be size of baby's fist.

Baby or mashed table foods such as:

- Infant iron-fortified rice cereal
- Cooked vegetables
- Peeled, soft fruit

8–12 months

Continue to breast- or formula-feed.

Use small dish and spoon. Portions should be size of baby's fist.

Introduce finger foods between 8–9 months. These include baby or table foods mashed or in small, diced pieces such as:

- Infant iron-fortified rice or oat cereal
- Cooked vegetables
- Peeled, soft fruit
- Noodles, pasta
- Mashed or finely cut meat, chicken or fish
- Grated or diced soft cheese
- Yogurt

12–24 months

Continue to breastfeed. Wean from formula at 12 months.

Allow toddlers to help you feed them with toddler spoon and fork. They won't be very good at it as they're just learning. Portions should be size of toddler's fist.

Baby or table foods in small, diced pieces as listed for 8–12 months plus:

- Cooked egg
- Rice
- Whole wheat bread, crackers, cereal O's
- Start whole milk in a cup at 12 months
- Offer water instead of juice