

buy better. eat better.

A cooking and nutrition fact sheet



Feeding My Infant - Birth to 8 Months

Birth to 4 Months		4 Months to 6 Months		6 Months to 8 Months																							
<p>Feed Your Baby:</p> <table border="1"> <tr> <td>Milk Group</td> <td>Breast milk OR Formula</td> </tr> </table>		Milk Group	Breast milk OR Formula	<p>Feed Your Baby:</p> <table border="1"> <tr> <td>Milk Group</td> <td>Breast milk OR Formula</td> </tr> <tr> <td colspan="2">ADD:</td> </tr> <tr> <td>Grain Group</td> <td>Baby cereal (single grain)</td> </tr> </table>		Milk Group	Breast milk OR Formula	ADD:		Grain Group	Baby cereal (single grain)	<p>Feed Your Baby:</p> <table border="1"> <tr> <td>Milk Group</td> <td>Breast milk OR Formula</td> </tr> <tr> <td>Grain Group</td> <td>Baby cereal</td> </tr> <tr> <td colspan="2">ADD:</td> </tr> <tr> <td>Grain Group</td> <td>Bread/toast Crackers</td> </tr> <tr> <td>Fruit Group</td> <td>Strained fruit Fruit juice</td> </tr> <tr> <td>Vegetable Group</td> <td>Strained vegetables</td> </tr> <tr> <td>Meat Group</td> <td>Strained meat</td> </tr> </table>		Milk Group	Breast milk OR Formula	Grain Group	Baby cereal	ADD:		Grain Group	Bread/toast Crackers	Fruit Group	Strained fruit Fruit juice	Vegetable Group	Strained vegetables	Meat Group	Strained meat
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<ul style="list-style-type: none"> Nurse when your baby wants to nurse or 'feed on demand'. Newborns nurse often, at least every two hours, but they are not on a strict schedule. Nurse baby at least 10-20 minutes on each breast. 5 to 6 'wet' diapers and 3 to 4 'dirty' diapers is normal and means your baby is getting enough to eat. There's no need to force baby to finish a bottle. Putting baby to bed with a bottle could cause choking! Heating formula in the microwave is not recommended. 		<p>Most babies do very well on just breast milk or formula for the first 4 to 6 months. Ask your doctor if you feel your baby needs solid foods early.</p> <p>Baby is ready for rice or single grain cereal when baby can do most, if not all of the following:</p> <ul style="list-style-type: none"> Control head and neck in a steady, upright position Sit up with support Seems hungry between regular feedings Shows interest in food when you eat <p>**Putting cereal in a bottle is not recommended and will not help your baby sleep through the night.**</p>		<ul style="list-style-type: none"> Add one new food each week. Allergies can be determined easily this way. Start with strained/pureed fruits and vegetables first. Add mashed or finely chopped fruits and cooked vegetables later on. Take out of the jar the amount of food for one feeding. Refrigerate the remaining food. Try giving baby fruit juice in a cup. Add one new strained/pureed meat a week now. 																							



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babies were born to be breastfed

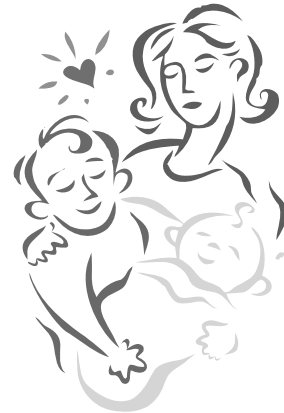
- Breastfeeding is normal and healthy for infants and moms.
- For most babies, breast milk is easier to digest than formula.
- A mother can satisfy her baby's hunger right away with breastfeeding.
- Breastfeeding requires a mother to take some quiet relaxed time for herself and her baby, helping them bond.
- The more your baby nurses, the more breastmilk your body produces.

how to add baby cereal

1. Buy iron fortified baby cereals.
2. Start with rice cereal - it causes the fewest allergy problems.
3. Use only single-ingredient baby cereals like rice, barley, and oatmeal.
4. Mix 1 tablespoon of cereal with 4 tablespoons of breast milk or formula. The cereal will be thin. Your baby is learning how to move solid food to the back of his mouth. When baby can do this, make the cereal thicker.
5. Offer your baby 1-2 tablespoons of baby cereal in a bowl once a day at first then increase to 2 times a day. Breakfast and dinner work well. Cereal should never be fed from a bottle.
6. Be patient! Your baby may refuse to eat the cereal at first. Try it again in a few days.
7. Feed your baby only one new cereal a week. This way you can tell if this new food bothers him. If it does, don't feed him that food for a while. Try the food again next month.

remember...

- **Bottles are for breast milk and formula only.** Give your baby juice in a cup or sippy cup. Feed cereal from a dish using a small spoon.
- **Add one new food at a time.** Wait one week before giving your baby another new food.
- **Never force baby to finish a bottle or food.** Your baby is the best judge of how much to eat.
- **Do not heat bottles in the microwave.** Microwaves do not heat evenly and can create very hot spots in liquids and foods!
- **Children under the age of 1 should never be given honey.** It can cause infant botulism, a deadly disease.
- **Always talk to your baby's doctor** if you have any questions about feeding your baby.



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Nutrition Education Programs - SNAP-Ed / EFNEP

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