

INFANT FEEDING GUIDE

WHAT ?

WHEN ?

HOW ?

Age

Birth to 6 months

6 months

7 to 9 months

9-12 months

12 - 18 months

18-24 months

Suggested Food Sequence

- Breast milk and/or Iron fortified formula
- Solid Foods not needed, but infants may want

Starter Foods

- Bananas
- Rice cereal
- Pears
- Apple sauce

- Avocados
- Peaches
- Carrots
- Squash
- Mashed potatoes
- Barley cereal
- Teething biscuits
- Pear and apple juice
- Lamb, veal, poultry
- Bagel
- Rice cakes
- egg yolk
- cheese
- yogurt
- noodles
- beans
- peas
- sweet potato
- oatmeal

- Whole milk
- cottage cheese
- Ice cream
- whole eggs
- Beef
- Peanut butter
- Tuna
- Broccoli
- Spinach
- Helen
- Apricots
- Grapefruit
- Pancakes
- pasta
- Graham crackers
- wheat cereal
- Ruffins

Eats some foods as family, in toddler portions

- Sandwiches
- Soups
- Stews

Counting Foods

- Breast and/or Bottle

- Strained, pureed
- Fingertip full
- Spoonful

- Introduce cup
- Begin finger foods
- Puree and mash
- Holds bottle
- Lumpier consistency
- Finger foods
- Bite-size cooked vegetables
- Holds cup

- Participates in family meals
- Chopped and mashed family foods
- Begins self-feeding with utensils

- May be a "picky eater"
- Likes to graze

Developmental Skills

- Designed to suck, not chew
- Rooting reflex, search for food source
- Tongue thrust reflex pushes solid food out
- Very sensitive gag reflex
- Reflexes lessen; accepts solids
- Sits erect in high chair
- Teething begins

- Thumb and forefinger pickup
- Bangs, drops, pings food
- Reaches for food and utensils
- Munches food
- Beware of foods baby can choke on: popcorn, nuts, raw vegetables, hot dog chunks, etc.
- Self-feeding skills improve
- Holds bottle and cup longer
- Tries to climb out of high chair
- Tries to use utensils

- Prolonged attention, span
- wants to "do it myself"
- walking begins - does not want to sit still to eat.
- Picks at others' plates

- Mobers appear
- Likes to eat on the run
- Erratic feeding habits