

Some Important Things to Remember!

At feeding time, you and your baby are learning about each other. Relax, talk to your baby, and hold your baby close. Love is just as important as milk for your baby's health.



Bottles are for water, breast milk or formula only.

- **No cereal** (Solids should be fed with a spoon).
- **No powered drink mix or tea.**
- **No sodas** (They have lots of sugar and no nutrients.)



Use A Spoon



Offer small amounts of food at first. Make food thin and smooth by mixing it with a little breast milk or formula.

Some Important Things to Remember!

Add one new food at a time. Wait for about five days before offering each new food. This gives your baby time to adjust to the new food. If there is a reaction, it's easier to determine which food may have caused it.

If you buy mixtures, look for at least 3-4 grams of protein in a jar.

Never force your baby to finish a bottle or food. Your baby is the best judge of how much to eat. Over-feeding can lead to weight problems.



Ingredients:
Carrots, water, turkey, green beans, rice and corn.

Refrigerate after opening. Use within 2 days.

Nutrition Facts

Serving Size 1 jar	
Amount per Serving	
Calories	90
Total Fat	4 g
Sodium	45 mg
Potassium	140 mg
Total Carb.	9g
Fiber	1 g
Sugars	3 g
Protein	3 g
% Daily Value	
Protein 10%	Vitamin A 240%
Vitamin C 0%	Calcium 10%
Iron 4%	

PROOF OF PURCHASE



Quality Checklist

- No Added Spices
- No Added Flour
- No Modified Starch
- No Artificial Colors, Flavors or Preservatives

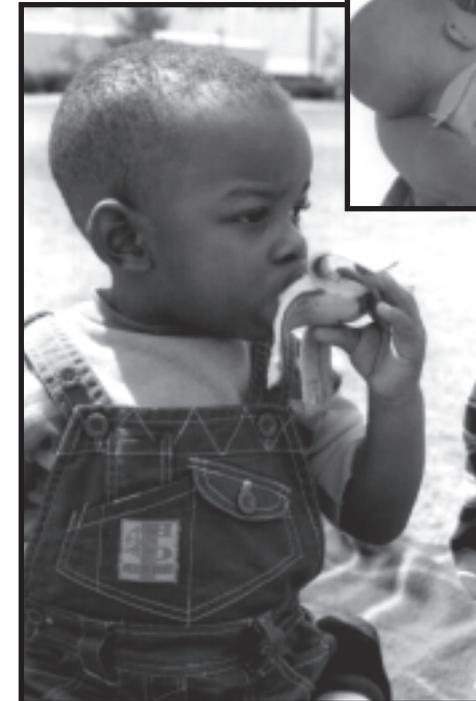


SC Department of Health and Environmental Control
Revised by OPHN Nutrition Materials Review Committee (11/00)
ML-009042 PC 01/01

The First

12 MONTHS

12



A Guide to Infant Feeding

Food for Baby's First Year

Suggested times for adding new foods.
For more information talk with your
nutritionist, nurse or doctor.



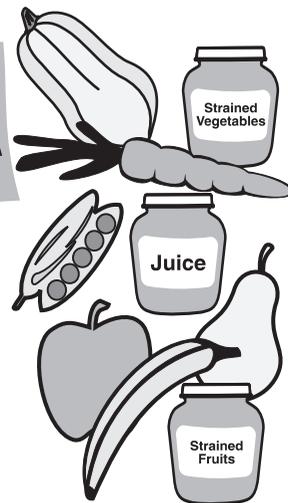
- Breast Milk
- Iron-fortified Formula

Birth



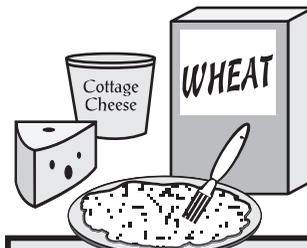
- Infant Cereal
(plain, from spoon)
- Rice
- Barley
- Oats

4-6 months



- Vegetables
(unsalted, strained)
Carrots
Squash
Green Beans
Green Peas
- Fruits *(unsweetened, strained)*
Applesauce
Banana
Peaches
Pears

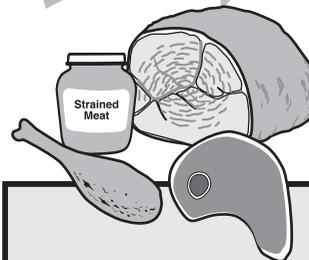
6-7 months



- Other Infant Cereals
Wheat
Mixed Grains
High Protein
- Mashed Vegetables & Fruits
- Mild Cheese
- Cottage Cheese
- Can Drink Formula or Juice from a Cup with Help
- Fruit Juices
(unsweetened - dilute adult juices to half strength)
Apple Cherry
Grape Orange
- Limit Juice to 4 oz. Each Day

7-9 months

Remember!



- Strained Meats
(plain)
Chicken
Lamb
Veal
Beef
Liver
Ham
- Egg Yolk

8-9 months

- Do not add salt, sugar, honey or fat to baby's food.
- Do not give baby nuts, seeds or any hard, small foods (such as popcorn) that may choke baby.
- Do not give baby hard, raw vegetables (such as carrots) unless mashed or finely shredded.



- Finger Foods
Toast Squares
Cooked Vegetables
(strips or slices)
Peeled, Soft Fruit
(wedges or slices)
Small Tender Pieces of Meat
- Food from the Family Table
(feeds self)
Vegetables
Fruit
Cereal
Pasta, Noodles
Bread
Beans
Fish, Meats, Chicken
Cheese

10-12 months



- May Continue Breastfeeding
- Can Drink Whole Milk
- Weaned from Bottle
- Whole Egg

One Year

More information
on the back!