

Appendix D: Guidelines for Feeding Healthy Infants, Birth to 1 Year Old

(Note: These are general guidelines for the healthy, full-term infant per day; serving sizes may vary with individual infants.)

Age	Breast Milk or Infant Formula	Grain Products	Juices	Vegetables	Fruits	Protein-Rich Foods
Birth-4 Months	Breast: 8-12+ feedings Iron-Fortified Infant Formula: 14-42 ounces (~108 kcal/kg body weight)	None		Plain strained or pureed cooked vegetables (1-2 Tbsp)	Plain strained or pureed fresh or cooked fruits (1-2 Tbsp)	Plain strained or pureed protein-rich foods such as meats, egg yolk, and legumes (1-2 Tbsp) may be introduced if an additional food source of iron is needed
4-6 Months	Breast: 5 or more feedings Iron-Fortified Infant Formula: 26-39 ounces (~108 kcal/kg body weight)	Iron-fortified infant cereals or enriched hot cereals (1-2 Tbsp)	None			
						The American Academy of Pediatrics (AAP) Section on Breastfeeding recommends exclusive breastfeeding for the first 6 months of life. The AAP Committee on Nutrition recommends that, in developed countries, complementary foods may be introduced between ages 4 and 6 months. This is a population-based recommendation, and the timing of introduction of complementary foods for an individual infant may differ from this recommendation.
6-8 Months	Breast: 3-5 feedings Iron-Fortified Infant Formula: 24-32 ounces (~98 kcal/kg body weight)	Iron-fortified infant cereals or enriched hot cereals (4-6 Tbsp) Dry toast, small pieces of crackers, or dry breakfast cereals and other grain products (4-6 Tbsp)	100 percent pasteurized fruit or vegetable juice (2-4 ounces)*	Plain strained or pureed cooked vegetables (3-4 Tbsp)	Plain strained or pureed fresh or cooked fruits (3-4 Tbsp)	Plain strained or pureed protein-rich foods such as meats, egg yolk, and legumes (1-2 Tbsp)

Age	Breast Milk or Infant Formula	Grain Products	Juices	Vegetables	Fruits	Protein-Rich Foods
8-12 Months	Breast: 3-4 feedings Iron-Fortified Infant Formula: 24-32 ounces (~98 kcal/kg body weight)	Iron-fortified infant cereals or enriched hot cereals (4-6 Tbsp) Dry toast, small pieces of crackers, or dry breakfast cereals and other grain products (4-6 Tbsp)	100 percent pasteurized fruit or vegetable juice (2-4 ounces) * Juice offers no nutritional benefit over whole fruits and vegetables. If offered, it should be in a cup.	Plain pureed, mashed, or chopped cooked vegetables (3-4 Tbsp)	Plain pureed, mashed, or chopped cooked fruits (3-4 Tbsp)	Pureed or chopped lean meat, poultry, fish, egg yolk, cheese, yogurt, or mashed legumes (1-3 Tbsp)

Bibliography

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- Samour PQ, King K, editors. *Handbook of Pediatric Nutrition*. 3rd ed. Sudbury, MA: Jones and Bartlett Publishers, Inc.; 2005.