

Foods to Grow On



Missouri Department of Health and Senior Services
WIC and Nutrition Services
P.O. Box 570, Jefferson City, MO 65102-0570
Telephone: 573-751-6204

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Birth to 12 Months

Foods to Grow On Birth to 12 Months

is a guide which provides nutrition information for parents and caretakers of babies. Nutrition is important for the physical and mental development of your baby.

Eating habits are formed at a very early age. Parents can help babies develop good eating habits by making nutritious foods available in a pleasant setting.

This booklet is only a guide. Each baby's eating pattern varies according to growth rate, age, activity, and many other factors. If you have any questions about the information in this guide, ask your doctor, nurse, nutritionist, or registered dietitian.



Feeding Tips

- Offer your baby small servings of food. Large servings tend to discourage a baby.
- If your baby does not like certain foods, be sure to keep offering them occasionally. A baby's taste for food changes frequently.
- Introduce a new food along with food your baby likes.
- **Do not** offer snacks close to mealtime. Your baby may not eat well if snacks are served close to mealtime.
- Avoid sweets and chips.
- **Do not** put your baby to bed with a bottle of milk, juice, or other sweet liquids. This may lead to tooth decay, early loss of baby teeth, and also may lead to ear infections.
- Avoid hard or round foods that may cause choking such as hotdogs, grapes, nuts, hard candies, raisins, popcorn, apple pieces, raw carrots, cauliflower, and radishes.
- Avoid foods that may replace nutritious foods and encourage a "sweet tooth" such as cookies, pastries, sugar-coated cereals, candies, cakes, "Kool-Aid," soft drinks, and artificially-flavored fruit drinks.
- **Do not** give honey to your baby.



About Vegetables and Fruits That May Cause Choking

Due to risk of choking, **DO NOT** feed babies the following vegetables and fruits:

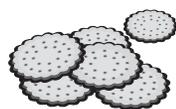
- Raw vegetables (including green peas, string beans, celery, carrots, etc.)
- Cooked or raw whole corn kernels
- Whole pieces of canned fruit
- Hard pieces of raw fruit such as apple, pear, or melon
- Whole grapes, berries, cherries, melon balls, or cherry and grape tomatoes (cut these foods into quarters, with pits and seeds removed, before feeding to older babies)
- Uncooked dried fruit (including raisins)

10 to 12 months



Offer your baby:

Breastmilk	2 to 4 feedings in 24 hours or on demand <i>or</i>
Iron-Fortified Formula	20 to 24 ounces in 24 hours
Infant Cereal	8 to 10 tablespoons a day, mixed with breastmilk or formula
Vegetables	6 to 12 tablespoons a day
Fruits	6 to 12 tablespoons a day
Fruit Juice	4 to 6 ounces a day
Meat/Meat Alternatives	3 to 4 tablespoons a day
Whole Egg	at 12 months
Dry Toast	1/2 or 1 slice a day
Macaroni or Noodles	4 to 6 tablespoons



Your baby should be eating most of the foods from the table and learning to self-feed. The baby will pick up food with his/her fingers, and may practice with a spoon. Expect your baby to be messy while learning to self-feed.

Finger Foods - Cooked carrots (cut carrots into quarters), cooked green beans, banana slices, pear slices, peach slices, watermelon (no seeds), soft cantaloupe (no seeds), cheese slices, crackers, and macaroni.

Decrease in Appetite - Towards the end of the first year, your baby will stop growing so rapidly and the appetite will decrease. You will notice that your baby will not drink as much formula or breastmilk and may seem to have many likes or dislikes.

Your New Baby



Your baby may take two to three weeks or perhaps longer to get used to the feeding schedule. Many babies go through a hungry period or growth

spurt at about two to four weeks of age. Babies usually cry when they are hungry, but not every cry is a demand for food. Babies cry when they need to burp, want to be held, want their diaper changed, or have a need for sucking.

A fat baby does not mean a healthy baby. Overfeeding during the first year of life may be the beginning of a lifetime of nutrition problems.

For breastfed babies, it is recommended you wake your baby every two to three hours (day and night) the first week of life if the baby sleeps for long periods. Waking your baby will be helpful in establishing your milk supply. Generally, breastfed babies wake up every two and a half to three hours.

For bottlefed babies, it is recommended you wake your baby every three hours (day and night) for the first week of life if the baby sleeps for long periods.

Feeding your baby may take 15 to 30 minutes. Relax and enjoy your baby. Always hold your baby comfortably close. At feeding times, babies receive both nourishment from food and love from the persons feeding them. Most babies double their birth weight by four to six months, and triple their birth weight by twelve months.

Breastfeeding



Tips on breastfeeding:

- Wash your hands before each nursing.
- Find a comfortable place to nurse so you can relax.
- The most common position is called the cradle hold. The baby should be on his/her side, facing you, tummy to tummy.
- Hold your breast in the “C” hold with your fingers under your breast and your thumb on the top.
- Brush your nipple against your baby’s lips until he/she opens wide. Your baby should take the whole nipple and approximately one inch of your areola (darkened area around the nipple) in their mouth. When the baby latches on, bring the baby close to your body. The baby’s nose and chin should be touching your breast.
- Your baby may want to nurse on one or both breasts. Wait until your baby stops nursing and lets go before switching sides. If your baby only nurses on one side, start with the other side on the next feeding.
- Let your baby nurse as often as he/she desires. Newborns will typically nurse 8-12 times in a 24-hour period.
- Your baby **does not** need any formula or water. Breastmilk is the perfect food.
- Always attempt to burp your baby after each feeding from each breast, although some babies may not burp after each feeding.
- Newborns should have approximately six to eight wet diapers and at least two stools per day.
- You can return to work and still breastfeed by pumping your milk and storing it in the refrigerator or freezer until you need it.

For information about breast pumps and milk storage, consult your health care provider, WIC nutritionist, or lactation consultant.

8 to 10 months

Offer your baby:

Breastmilk	2 to 5 feedings in 24 hours or on demand <i>or</i>
Iron-Fortified Formula	26 to 28 ounces in 24 hours
Infant Cereal	8 to 12 tablespoons a day, mixed with breastmilk or formula
Vegetables	6 to 10 tablespoons a day
Fruits	6 to 10 tablespoons a day
Fruit Juice	4 ounces a day
Meat/Meat Alternatives	1 to 3 tablespoons a day
Dry Toast	as needed

Add: *Cheese and Yogurt*

Cheese

- Cottage cheese and mild yellow cheese

Yogurt

- Plain, without seeds or fruit skins



Encourage babies at this age to feed themselves pieces of cooked vegetables and fruits. Also, offer crumbled hamburger, soft meatloaf, tender chicken, tuna fish (water-packed) and tender strips of beef and pork.

more on... 7 to 8 months

Dried Beans

- Beans are good substitutes for meat. Cook beans until soft. **Do not** add seasonings or fat.
- Put the cooked beans through a sieve to remove the skin. Thin with the bean juice obtained from cooking.

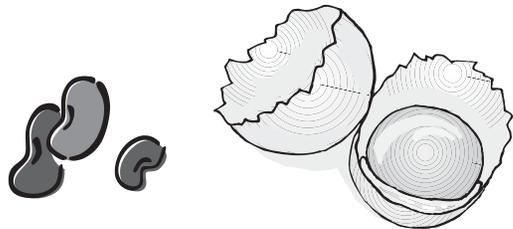
Egg Yolk

- Use the yolk (yellow part of the egg) only. **Do not** feed the egg white until the baby is one year old because of the chance of an allergic reaction.
- Mash the hard-cooked yolk with a fork and mix with a little breastmilk or formula.
- Begin with one teaspoon of egg yolk and gradually increase the amount each day until the whole yolk is eaten.

Formula in a Cup

- Use a small plastic cup with two side handles.
- Offer two to four ounces or less at a time. When the baby is learning to use a cup, offer it once a day. Gradually increase its use and decrease the use of the bottle.

At this age, offer food from the table to your baby. It is important to offer foods that encourage chewing. Limit strained foods. Start with easy-to-mash foods such as cooked potatoes, carrots and bananas. Then add other cooked vegetables and cooked fruits.



Bottlefeeding

Tips on bottlefeeding:

- Prepare formula as instructed on the label.
- Use boiled or bottled water until your baby is four to six months of age. In most cases, it is okay to use tap water after six months of age.
- Holes in the nipples should be large enough for milk to come through easily but not so large that the milk comes out too fast for the baby.
- Opened cans of liquid formula should be covered and refrigerated immediately. Use the refrigerated formula within 48 hours.
- If you do not have a refrigerator, use powder formula. Make only one bottle of formula as it is needed for each feeding.
- **Do not** save leftover formula in the bottle for the next feeding.
- **Do not** force the baby to finish the bottle at each feeding. Force feeding can cause feeding problems when the baby is older.
- When feeding the baby, tilt the bottle so that the nipple is filled with formula.
- During feeding, the baby will swallow some air. Burping allows the baby to release the trapped air. Newborns and young babies should be burped after each ounce of formula.
- **Do not** prop a baby's bottle while feeding. Make feeding time warm and enjoyable for you and your baby.
- **Do not** coat the nipple with sugar or other sweeteners in order to get acceptance of the bottle.
- **Do not** freeze infant formula.
- **Do not** use a microwave oven to heat the bottles or formula.



Birth to 4 months

During the first few months of life, a baby needs only breastmilk or iron-fortified formula. Your baby **does not** need solid foods before four months of age because:

- Breastmilk and formula have everything your baby needs to grow and be healthy.
- Your baby **does not** yet have the skills to eat solid foods.
- Early introduction of solid foods increases the possibility of developing allergies and may lead to overeating and overweight.

Each baby is an individual; therefore, the frequency and size of feedings will vary.

Offer your baby:

Breastmilk

Birth to

3 months..... 6 to 10 feedings in 24 hours
or on demand for a length
of 10-15 minutes minimum

3 to

4 months..... 5 to 8 feedings in 24 hours
or on demand for a length
of 10-15 minutes minimum

or

Iron-Fortified Formula

Birth to 1 month..... 20 to 24 ounces in 24 hours

1 to 2 months 24 to 28 ounces in 24 hours

2 to 3 months 28 to 30 ounces in 24 hours

3 to 4 months 30 to 33 ounces in 24 hours



7 to 8 months

Offer your baby:

Breastmilk..... 4 to 6 feedings in 24 hours or on demand

or

Iron-Fortified Formula 26 to 32 ounces in 24 hours

Infant Cereal 6 to 8 tablespoons a day, mixed
with breastmilk or formula

Vegetables 4 to 6 tablespoons a day

Fruits 4 to 6 tablespoons a day

Fruit Juice 2 to 4 ounces a day

Dry Toast as needed

Add: *Formula in a Cup, Meats, Dried Beans and Egg Yolk*

Meats

- Begin with one teaspoon of plain, strained meat and gradually increase to two tablespoons.
- Buy plain, strained meat such as chicken, turkey, or beef instead of vegetable-meat combination dinners.
- **Do not** add seasonings such as salt, pepper, fat, gravy, or ketchup.

Toast

- Babies do not need cookies or other sweets because sugar is harmful to the teeth.
- Zwieback toast can break off into small pieces; therefore, watch your baby carefully for signs of choking.

6 to 7 months



Offer your baby:

Breastmilk..... 4 to 6 feedings in 24 hours or on demand
or
Iron-Fortified Formula 30 to 32 ounces in 24 hours
Infant Cereal..... 4 to 5 tablespoons a day, mixed
with breastmilk or formula
Strained Vegetables..... 3 to 4 tablespoons or 1/2 jar
in 24 hours

Add: *Strained Fruits, Fruit Juices and Toast*

Fruits

- Offer strained fruits one at a time. Begin with one tablespoon and increase to three tablespoons a day.
- Fruit desserts are generally higher in calories and lower in vitamins than strained fruits.
- **Do not** offer fruit desserts if sugar has been added.

Fruit Juices

- Two to four ounces a day. Use baby juice with added vitamin C.
- Begin with apple or white grape juice. **Do not** give citrus juice until your baby is one year old, to prevent possible allergic reaction.
- **Do not** feed juice by bottle because it can cause tooth decay. Offer juice in a cup.
- Use 100% fruit juices. **Do not** use fruit-flavored drinks such as “Kool-Aid” or soda.



4 to 5 months



This is the proper time to introduce solid foods to your baby.

Offer your baby:

Breastmilk..... 5 to 8 feedings in 24 hours or on demand
or
Iron-Fortified Formula..... 32 to 34 ounces in 24 hours

Add: *Infant Cereal*

Infant Cereal - All babies develop at different rates. Your baby is ready for solids, if he/she:

- ✓ Can sit up and hold his/her head up on his/her own
- ✓ Opens up his/her mouth when he/she sees the spoon
- ✓ Doesn't push the spoon out with his/her tongue

Introduce cereal as the baby's first solid food. Eating solids is a new experience for your baby. Cereals give energy for growth and iron for healthy blood.

Offer single-grain infant cereals such as rice, barley, or oatmeal to avoid possible allergic reactions such as diarrhea, vomiting, and rash. Wait until your baby is eight months old to give wheat, mixed cereal, and high protein cereal.

Begin with one tablespoon of dry cereal mixed with two to three tablespoons of breastmilk or formula; make it thin. As the baby gets older, you can gradually make the cereal thicker and increase the amount to two tablespoons a day.

- Use a small plastic spoon, **do not** use a bottle or infant feeder.
- Throw away uneaten cereal after the feeding.
- Your baby **does not** need sugar or margarine in the cereal.

5 to 6 months



Offer your baby:

Breastmilk..... 5 to 6 feedings in 24 hours or on demand

or

Iron-Fortified Formula..... 32 to 34 ounces in 24 hours

Infant Cereal..... 2 to 3 tablespoons of dry cereal a day, mixed with breastmilk or formula

Add: *Strained Vegetables*

Strained Vegetables

- Vegetables are a source of vitamins and minerals necessary for growth and development. They also provide bulk to prevent constipation.
- Start with plain, strained vegetables, one at a time. Yellow/orange vegetables such as carrots, squash, and sweet potatoes are often liked better at first. Then offer peas, green beans, spinach, and beets.
- By six months of age, spinach, beets, carrots, turnip, and collard greens, whether home grown or commercially prepared, should be tolerated.
For babies who are sensitive to high nitrate levels, only commercially prepared or strained spinach, beets, and carrots should be served. As a general precaution for all babies, feed only one to two teaspoons of home grown or canned spinach, beets, carrots, turnip or collard greens, at a time.
- Begin with one tablespoon of strained vegetables and increase to three tablespoons.

- Try the same strained vegetables for three to five days. Watch for any reactions such as diarrhea, vomiting, and rash. **Do not** offer two new foods at the same time.
- Homemade baby foods are easy to make and can save money.
- **Do not** add salt, extra fat, and spices to your baby's food.
- Open jars of commercially prepared baby food should be refrigerated immediately and used within 48 hours.
- Heat only the amount of food your baby needs for each feeding. **Do not** heat the whole jar.
- Use a small dish. **Do not** feed directly from the jar. **Do not** save leftover food for the next feeding.

