

# Feeding

## Feeding your new baby

Breast milk or iron-fortified formula is the only food a baby needs during the first six months. From 6 to 12 months of age, most nourishment should be from breast milk or iron-fortified formula, even though your child will begin eating solid food.

## Breastfeeding

- Breastfeeding is the best method of feeding your child during the first six to 12 months. It is recommended to exclusively breastfeed for the first six months. After six months, begin to include other foods until your baby is at least 12 months old. Breast milk is easier for infants to digest than formula and offers strong protection to your baby against illness, infections and allergies. There are many supportive people who can help you learn about, start, and continue breastfeeding. Talk to your doctor, doula (birth support person), or other regular health provider about this.
- You may express milk from your breasts and store it in a clean bottle in the refrigerator up to four days, or in the freezer at 0°F or colder for up to 9 months. Be sure to label and date stored breast milk. The best way to heat frozen milk is to hold the bottle under warm running water. Do not boil or heat it in the microwave.
- Breastfed babies can be fed breast milk from a bottle, too. It's best to wait at least four weeks before trying this to make sure your milk supply has been established. This is a good way for your partner, a relative, or a friend to bond with your baby.
- When to wean (stop breastfeeding) is up to you. There is no "right" age for weaning. The right time to wean will depend on what works best for you and your child.

## Bottle-feeding

- Bottles and nipples do not need to be sterilized. Wash them in hot, soapy water and rinse well.
- Read the label on the formula container. If you buy concentrate formula, you must add water to each bottle. Mix the formula with tap water that has been warmed. Do not microwave the bottle.
- Powdered formula is safe if your drinking water is safe. Most tap water is safe. Talk with your doctor, or have your water tested, if you are worried about your water's safety.
- Homes built before 1986 may have lead in the pipes. It is suggested to let the water run until it is as cold as it can get to avoid lead exposure. Only use cold water from the tap.
- If your water comes from a private well, it is recommended that you have your water tested for bacteria, arsenic, and nitrates before giving it to your baby. Contact your local EPA Safe Drinking Water Hotline at 1-800-426-4791.
- If you use ready-to-use formula (already mixed up for you), just wipe the top of the can thoroughly with a soapy cloth and rinse. Be careful to use a clean can opener, too. Pour the formula into the bottle and serve at room temperature.
- Once the formula is in any type of feeding bottle, use it within two hours or refrigerate. Don't use it if it has been in the bottle and not refrigerated for several hours. Do not store it for longer than one day in the refrigerator. If your baby doesn't finish a bottle, discard the leftover formula.
- Don't prop the bottle so that your baby can drink without being held. Your child needs the comfort of being held by you during feeding. Propping a bottle or giving your child a bottle to suck on in the crib can cause dental cavities and ear infections.

## Breastfeeding resources

- **WIC (Women, Infants, and Children) Breastfeeding Referral Line:** 1-800-WIC-4030 (1-800-942-4030). You'll be connected with your local WIC agency, where you can access breastfeeding resources.
- **La Leche League of Minnesota and the Dakotas:** 612-922-4996. La Leche is a volunteer organization that organizes breastfeeding support groups and has local breastfeeding volunteers who can help you. When you call the phone number, you will be given information about how to call the volunteers. You may have to leave a voice message with your phone number for them to call you back.
- You can also call the **hospital where you delivered, primary health care clinic, or OB clinic** with breastfeeding questions. If your clinic does not have a lactation consultant available, the clinic should be able to refer you to the right resource for you.

## Vitamins

- If your child is on formula, vitamins are not needed. Discuss vitamins with your doctor before you give them to your child.
- It is recommended that breastfed babies receive a Vitamin D supplement of 400 IU per day.
- After 6 months of age, babies in some rural areas may need a fluoride supplement. Talk to your doctor before starting a fluoride supplement.

## Iron

- Formula with iron should be started at birth if you are not breastfeeding.
- It is recommended that breastfed babies receive 1 mg/kg/day of a liquid iron supplement after 4 months of age. Continue until baby is introduced to iron-containing solid foods.
- At 6 months of age, iron in fortified cereal is adequate. Check with your doctor to see if your baby needs an additional iron supplement.

## Solid food

Around 6 months of age, your baby may be ready to start eating solid foods. Watch for signs that your baby is ready to make the change from only breast milk or formula to a diet including solid foods.

### Does your baby

- Sit up with support?
- Show interest in what you are eating?
- Open his or her mouth if you offer a spoon?

If your baby shows the above signs, talk with your baby's doctor about starting solid foods.

**Start with cereal:** Start with a small amount (1 tablespoon) of a single-grain, iron-fortified baby cereal (rice is a good first cereal). Mix the cereal with 4-5 tablespoons of breast milk or formula. You can slowly decrease the amount of liquid, giving your baby time to adjust to each new level of thickness. Once your baby is used to eating cereal, you can try a different type of baby cereal, such as oatmeal or barley.

**Add vegetables, fruits and proteins:** Once your baby is comfortable eating cereal, begin to try other foods. To start, give only pureed foods, such as baby foods or cooked foods blended with water until they are smooth. You can try the following foods:

You can try the following foods: pureed vegetables, pureed fruits and pureed meats.

**Add one food at a time and always wait 3-5 days before adding a new food.** Your baby may have a reaction, such as diarrhea or vomiting, to some new foods. Start with small portions of finely chopped cheese, soft fruits (cooked or canned fruit work well), soft cooked vegetables, cooked ground meat, and small crackers.

By age 1, make your baby's meals the same as the rest of the family. Mash or chop the same foods you eat each meal and serve it to your baby.

Continue to offer your baby breast milk or formula between meals.

**At age 1, begin to switch your baby to whole milk.** Use whole milk until age 2. The fats in whole milk are important for your child's brain development. At age 2, you can switch to skim or 1% milk.

## American Academy of Pediatrics Sample Menu (8 to 12 months)

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### Breakfast

$\frac{1}{4}$  -  $\frac{1}{2}$  cup of cereal or mashed egg  
 $\frac{1}{4}$  -  $\frac{1}{2}$  cup of fruit, diced  
4-6 ounces breast milk or formula

### Snack

4-6 ounces breast milk or formula or water  
 $\frac{1}{4}$  cup diced cheese or cooked vegetables

### Lunch

$\frac{1}{4}$  -  $\frac{1}{2}$  cup yogurt or cottage cheese or meat  
 $\frac{1}{4}$  -  $\frac{1}{2}$  cup yellow or orange vegetables  
4-6 ounces breast milk or formula

### Snack

1 teething biscuit or cracker  
 $\frac{1}{4}$  cup yogurt or diced fruit

### Dinner

$\frac{1}{4}$  cup poultry, meat, or tofu  
 $\frac{1}{4}$  -  $\frac{1}{2}$  cup green vegetables  
 $\frac{1}{4}$  cup noodles, pasta, rice or potato  
 $\frac{1}{4}$  cup fruit  
4-6 ounces breast milk or formula

### Before bedtime

6-8 ounces of breast milk or formula or water

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## Remember

### Safety Tips

- Take the amount of food you need for one feeding out of the baby food jar, then refrigerate the rest. Do not put the spoon that has been in your child's mouth into the whole jar of food. This may spread bacteria.
- Always taste heated foods before giving them to your child to make sure they are not too hot.
- Some foods can cause a child to choke. Until your child has a full set of teeth, do not give apple chunks or slices, grapes, peanut butter, popcorn, nuts, seeds, round candies, or hard chunks of uncooked vegetables.
- Do not give hot dogs or sausages.
- Fruit and vegetable juices should be limited. Never put juice in a bottle as this can cause dental cavities to form. Offer your child extra water to drink instead, as needed.

### Meal Time Tips

- Be patient. Children are messy eaters and often appear to "play" with their food. This "playing" is a way of exploring what is new to them. It actually can help them to become healthier eaters!
- Try to join your child at meal time and eat at the same time your child eats. Even young babies can benefit from sitting at the family table.

## A helpful resource

The Women, Infants, and Children (WIC) Program is a good resource for nutrition information and breastfeeding support. Please call 1-800-WIC-4030 (800-942-4030) for a referral to a WIC clinic near you.

# American Academy of Pediatrics Sample Menu (1 year old)

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## Breakfast

½ cup iron-fortified cereal or 1 cooked egg  
¼ - ½ cup whole milk (with cereal or without)  
Fruit (added to cereal or on its own): ½ sliced banana,  
2-3 sliced strawberries

## Snack

1 slice toast or whole wheat muffin with 1-2  
tablespoons cream cheese or peanut butter, or  
yogurt with cut-up fruit  
½ cup whole milk

## Lunch

½ sandwich with sliced turkey or chicken, tuna,  
egg salad, or peanut butter  
½ cup cooked green vegetables  
½ cup whole milk

## Snack

1-2 ounces cubed or string cheese, or 2-3  
tablespoons of fruit or berries  
1 cup whole milk

## Dinner

2-3 ounces cooked meat, ground or diced  
½ cup cooked yellow or orange vegetables  
½ cup pasta, rice or potato  
½ cup whole milk

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## Remember

### Safety Tips

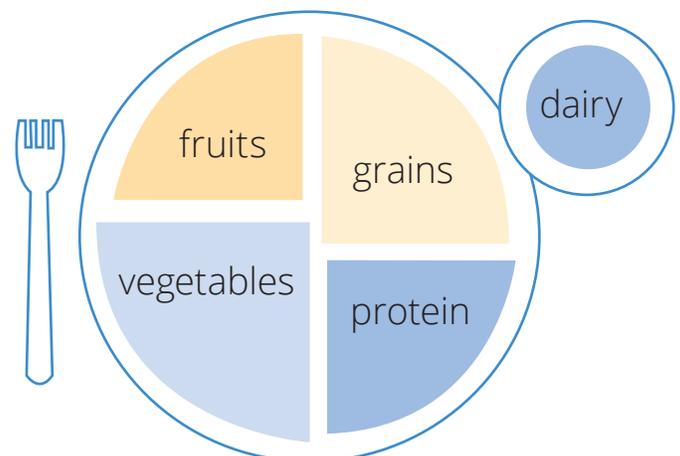
- Offer small portions and never force your child to eat.
- “Food jags” are common. Your child may only want one or two familiar foods. This is not a big deal. Do not force your child to eat other foods as long as the foods have some nutritional value.
- Respect your child’s likes and dislikes. Offer a food she would not eat one time at a later time.
- Make meals fun with colorful foods and foods that are crunchy, smooth, or warm.
- Feed your child three healthy snacks a day.

## MyPlate

MyPlate will help you plan your meals as your child grows and eats a more complete diet.

- Use this plate as a guide.
- Make half of your child’s plate vegetables and fruits.
- Make at least half your child’s grains whole grains.
- Use whole milk until age 2, then switch to fat-free (skim) or low-fat (1%) milk.

And make sure your child has plenty of chances to move and exercise each day. Babies burn energy with all their new skills, from sitting to crawling, to pulling up to standing. Toddlers love to run, jump, climb, and dance



choosemyplate.gov

# Food groups chart

Portion sizes for ages 1-3

	foods included in this group	serving size
<b>Dairy</b> 2-3 servings daily in the amounts recommended from a variety of foods listed in this group.	milk, yogurt, milk-based soups	1/2 cup
	cottage cheese, custard, milk pudding, ice cream (served only after a meal)	2 to 4 tablespoons
	cheese	1/3 to 2/3 ounce (1 ounce = 1 slice or a 1-inch cube)
<b>Protein</b> 2 servings daily in the amounts recommended from a variety of foods listed in this group.	beef, pork, lamb, fish, tofu	2 tablespoons or 1 ounce
	eggs	1/2
	cooked legumes, dried beans, peas	1/4 cup
	nuts	Not recommended for children under 4 (can cause choking).
<b>Fruits</b> 2-3 servings daily in the amounts recommended from a variety of foods listed in this group.	citrus fruits, berries, melons, peaches, apricots, apples, pears, bananas	1/4 to 2/3 cup
		1/4 cup 100% juice
<b>Vegetables</b> 2-3 servings daily in the amounts recommended from a variety of foods listed in this group.	carrots, spinach, broccoli, squash, pumpkin, sweet potatoes, tomatoes, Brussels sprouts, peppers, cabbage, cauliflower, chilies, potatoes	1/4 cup cooked
<b>Grains</b> 6-11 servings daily in the amounts recommended from a variety of foods listed in this group.	whole-grain, enriched/restored breads	1/2 slice
	whole-grain/fortified ready-to-eat cereals	1/3 cup
	cooked cereals, rice, pasta, potatoes	1/4 cup
<b>Extras</b>	margarine, butter, oils, mayonnaise, salad dressings	1 teaspoon
	jams, jellies, sweet desserts, gravies, ketchup	Use in moderation