

## 4<sup>TH</sup> MONTH



### WHAT TO FEED

- ❖ Introduce solid foods like grain, fruits, vegetables and its juices. You can give Gerber Stage 1 baby food
- ❖ Rice cereal, all types of vegetables & all fruits

### HOW MUCH A DAY

- ❖ 6 to 7 feedings during the day. If baby accepts grains cereals
- ❖ Limit the formula feeding to 4 to 5 feedings per day with 6 to 8 ounces per servings.
- ❖ Introduce new foods in intervals of 3 days

### WHAT TO AVOID

- ❖ Never introduce different foods at the same time

## 5<sup>TH</sup> MONTH



### WHAT TO FEED

- ❖ Mashed food like apples, sweet potatoes, squash, bananas, peaches or cereal

### HOW MUCH A DAY

- ❖ 8 ounces of cooked and mashed vegetables
- ❖ Mix breastmilk or formula with 1 tablespoon of mashed food or 1 tablespoon of cereal mixed, twice a day
- ❖ 18-22 ounces of milk per day
- ❖ Introduce new foods in intervals of 3 days

### WHAT TO AVOID

- ❖ Do not feed more than 10 spoons in one serving