

MARUTHI PEDIATRICS PLLC

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Daily Food Guide for Infants 0 – 12 months

Food Group	Foods	Daily Amounts	Serving Size
Newborn – 4 months			
Your baby shows skills of rooting, sucking, and swallowing.			
Milk	Breastmilk	On demand	
	Formula	6 – 12 feedings	2 – 6 oz
4 – 6 months			
Now your baby is holding their head up and only needs a little support when sitting up. This is a good time to start solids.			
Milk	Breastmilk	On demand	
	Formula	4 – 6 feedings	6 – 8 oz
Grain	Iron fortified baby cereal	2 servings	1 – 2 tbsp
Fruit	Strained/pureed fruit	Offer	1 – 2 tbsp
Vegetable	Strained/pureed vegetables	Offer	1 – 2 tbsp
Protein	Strained/pureed chicken, beef, turkey, pork, beans, tofu	Offer	1 – 2 tbsp
6 – 8 months			
Your baby should have good head and body control, and be interested in putting toys in his/her mouth.			
Milk	Breastmilk	On demand	
	Formula	4 – 5 feedings	6 – 8 oz
Grain	Iron fortified baby cereal	2 servings	2 – 4 tbsp
	Bread/cracker/cereal	Offer	
Fruit	Mashed fruit	2 servings	2 – 3 tbsp
	Fruit/vegetable juice (optional)		2 oz from a cup
Vegetable	Mashed vegetables	2 servings	2 – 3 tbsp
Protein	Ground chicken, beef, turkey, pork, beans, tofu	2 servings	2 – 3 tbsp
8 – 12 months			
To help work on development, your baby can start self feeding small, soft finger foods.			
Milk	Breastmilk	On demand	
	Formula	3 – 4 feedings	6 – 8 oz
Dairy	Cheese	Offer	½ oz
	Yogurt (whole milk)	Offer	¼ cup
	Cottage cheese (whole milk)	Offer	¼ cup
Grain	Iron fortified baby cereal	2 servings	3 – 4 tbsp
	Bread/cracker/cereal	Offer	½ slice
Fruit	Mashed/soft fruit	2 – 3 servings	3 – 4 tbsp
	Fruit/vegetable juice (optional)		2 oz from a cup
Vegetable	Mashed/soft vegetables	2 – 3 servings	3 – 4 tbsp
Protein	Ground chicken, beef, turkey, pork, beans, tofu	2 servings	3 – 4 tbsp

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Helpful Hints

Feeding

- x Introduce single grain rice cereal first. Once ready to start fruits and vegetable, feed your baby only one new single food at a time. Introduce another new food every 3 – 5 days. Watch for allergic reactions like rash, swelling, vomiting, diarrhea or trouble breathing.
- x Begin working with a cup when your baby begins to feed him/herself. You can offer breastmilk/formula or 1 – 2 oz of 100% juice when introducing the cup.
- x You may start whole milk at one year of age.
- x Discuss the need for water with your doctor before offering it to infants under the age of one.
- x Do not put any other liquids in a bottle except breastmilk or formula, and feed all solids with a spoon.
- x Offer no more than of 4 oz of 100% juice daily in a cup.
- x Watch for signs that your baby is full, and do not force him/her to drink or eat more:
 - o closing mouth
 - o turning head
 - o pushing spoon or bottle away

Safety

- x If your baby is having diarrhea or vomiting he/she can become dehydrated. Talk to your doctor and use Pedialyte if he/she is not taking breastmilk/formula. **Remember that Pedialyte is for temporary use to prevent dehydration. Pedialyte should not be used in place of breastmilk/formula for longer than 48 hours.**
- x Do not feed your baby hot dogs, grapes, raisins, raw carrots and nuts because your baby can choke on these foods easily.
- x Do not heat baby's formula, breastmilk, and/or food in the microwave because hot spots can develop leading to burns. To heat the bottle or food, use warm running water or place in a pan of water on the stove top. Shake/stir, and test the temperature before serving.
- x Do not save leftover formula or baby food that has been fed directly to your baby because bacteria can grow from your baby's saliva.
- x Corn syrups and honey are not recommended during the first year of life due to a connection with botulism.

Additional Comments: