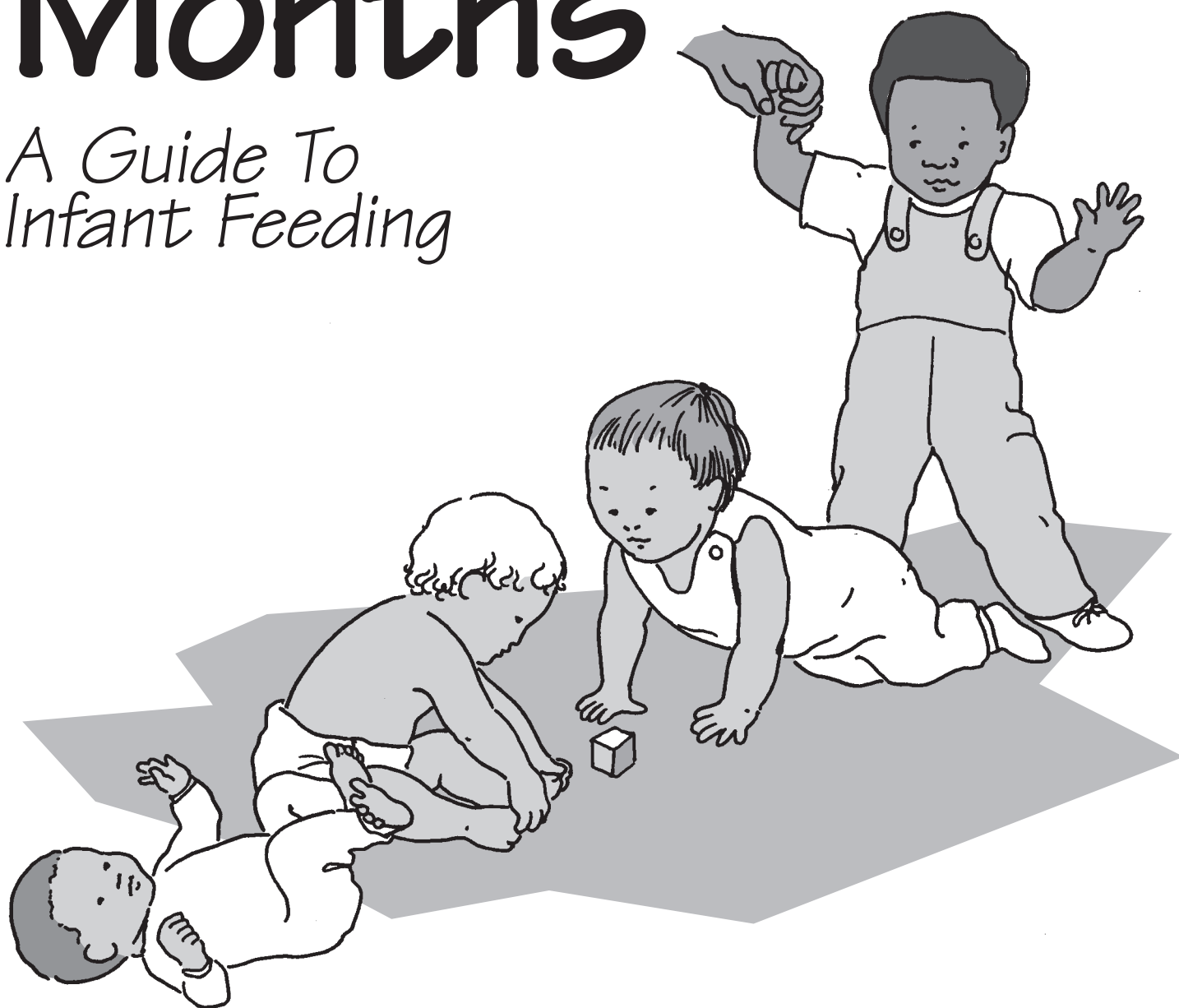


# Baby's First Twelve Months

*A Guide To  
Infant Feeding*


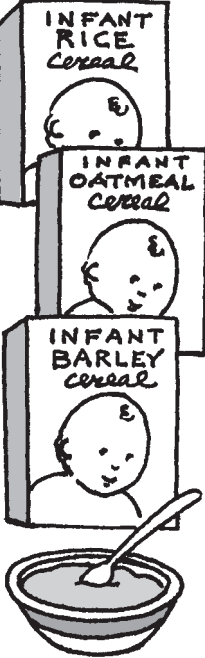
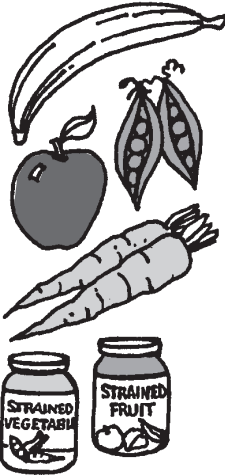
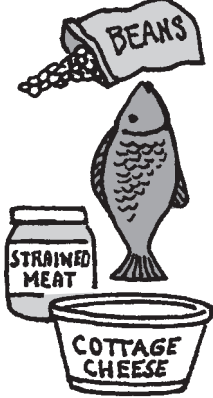


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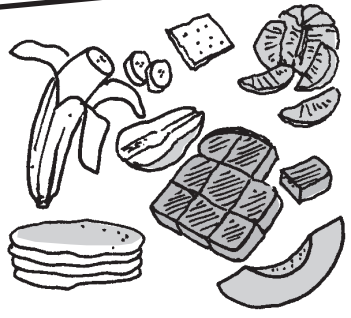


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# Food For Baby's First Year

Your baby must be ready before he or she can eat foods. This guide will help you know when your baby is ready for certain types of foods.

Suckles	Controls head movement	Sits with support	Chews
 <ul style="list-style-type: none"> <li>• Breast-milk</li> <li>• Iron-fortified infant formula</li> </ul> <p>Always hold the baby when giving a bottle.</p>	 <ul style="list-style-type: none"> <li>• Iron-fortified infant cereal*</li> </ul> <p>Feed cereal from a spoon only.</p>	 <p>Strained or pureed</p> <ul style="list-style-type: none"> <li>• Vegetables</li> <li>• Fruits</li> </ul> <p>Offer plain foods without added salt or sugar.</p>	 <p>Strained or pureed</p> <ul style="list-style-type: none"> <li>• Meat</li> <li>• Chicken</li> <li>• Fish</li> <li>• Beans</li> <li>• Cottage cheese</li> <li>• Plain yogurt</li> <li>• Cooked egg yolk</li> <li>• Tofu</li> </ul> <p>Offer a variety of foods.</p>
Birth-4	4-6	5-7	6-8

\* Baby cereals can be prepared with formula, breast-milk, water, or juice.

	 <p><b>Other infant cereals</b></p> <ul style="list-style-type: none"> <li>• Wheat</li> <li>• Mixed grains</li> </ul> <p><b>Mashed fruits and vegetables</b></p> <p><b>Finger foods</b></p> <ul style="list-style-type: none"> <li>• Toast squares</li> <li>• Unsalted soda crackers</li> <li>• Soft tortillas</li> <li>• Cooked vegetable strips or slices</li> <li>• Peeled, soft fruit wedges or slices</li> <li>• Cheese cubes</li> </ul> <p><i>Let baby begin to feed self.</i></p>	 <p><b>Mashed or chopped food from the family meal</b></p> <p><i>Allow baby to feed self with spoon.</i></p> <p><i>Gradually decrease number of feedings from breast or bottle as baby eats more food.</i></p>	 <p><b>Introduce</b></p> <ul style="list-style-type: none"> <li>• Whole milk</li> <li>• Whole egg</li> </ul> <p><i>Offer 3 meals a day plus snacks.</i></p> <p><i>Serve beverages from a cup.</i></p>
7	7-9	9-12	One Year

months

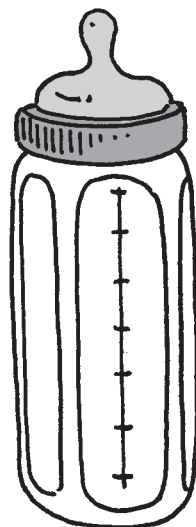
**Warning:** Babies can easily choke on nuts, seeds, popcorn, raw vegetables, peanut butter, grapes, meat sticks, and hot dogs. **Do not give these foods.** Young children should be closely watched when they are eating.

**1** Feeding time is a learning time for your baby. Be patient and attentive to your baby's needs.

**2** Sweeteners such as honey may contain substances that can cause infant botulism. Infant botulism is a food poisoning that can lead to death. Do not give these sweeteners to your baby until he or she is one year old.



**3** Bottles are for plain water, formula, or breast-milk. Do not give sweetened drinks, sodas, gelatin, or sugar water in a bottle.



**4** Never force your baby to finish a bottle. Throw away any formula left in the bottle. Offer small portions of food. Your baby is the best judge of how much to eat. Throw away leftovers.

**5** Start one new food at a time. Wait about 5 days before giving the next new food. This gives your baby time to adjust to each new food. If the baby is sensitive to a specific food, it is easier to determine which food may have caused the reaction.



**6** Possible allergic symptoms include: skin rash, gas, diarrhea, and problems with breathing.

Foods that commonly cause allergic reactions include: cow's milk, citrus juice, citrus fruit, egg whites, and wheat products. When you offer these foods, watch for possible reactions.

**7** Buy one-item baby foods such as strained turkey. Avoid combination dinners like turkey and carrots. There is as much protein in one jar of strained meat as in at least two jars of strained meat and vegetables.

**8** Offer fruit for dessert. Babies do not need baby desserts such as puddings, custards, and cobblers.



**9** Place the amount of food your baby will eat in a small dish. Feed with a small spoon. Throw away food left over in the feeding dish. Food left over in the jar should be tightly sealed and stored in the refrigerator. Never feed the baby from the jar unless you will use the whole jar.

**Barbara Struempfer**, *Extension Nutritionist*,  
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**Janice Jarrett**, *former Extension Agent*, Montgomery County

Adapted from a publication of Penn State College of Agriculture, Cooperative Extension, based on materials developed by WIC, California Department of Health Services.

For more information, call your county Extension office. Look in your telephone directory under your county's name to find the number.

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