Breast Milk and Formula

- Feed your baby either breast milk or iron-fortified formula only for the first 6 months of life. Even after starting solid foods, breastfeeding and formula feeding should continue until 12 months of age. Unless breastfeeding continues, whole milk should be served after 12 months of age.

- Starting and continuing to breastfeed can be challenging. Don’t give up! If you need support or have questions, call a local lactation consultant or the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) in your area. For more information on breastfeeding contact:
  - WIC toll-free at 1-800-222-2189
  - Toll-free National Women’s Health Helpline at 1-800-994-9662

- Many infants will need to receive a daily Vitamin D supplement, which is necessary to ensure healthy bone growth and development. Ask your health care provider about the amount of Vitamin D needed for your infant.

Solid Foods

- Encourage your baby to begin feeding herself simple finger foods during meals and snacks (e.g., small pieces of banana; cooked, cut carrots; soft cheese, etc.).

- Offer single-ingredient foods first and wait 2 – 3 days between each new food. This makes it easier to identify the offending food if she experiences a bad reaction (i.e., allergy).

- It may take multiple tries (5 – 20) before your baby accepts a new food. Don’t get discouraged!

- If she seems interested, begin using a cup (i.e., “sippy” cup) around eight months of age.
  - Start with water (with no added sweeteners)

- Offer different fruits and vegetables. They should be:
  - Cooked and/or cut into bite-size pieces to prevent choking
  - Served plain without added fat, sugar, honey or salt

- You can also introduce:
  - Iron-fortified infant cereal
  - Lean beef, veal, and/or pork*
  - Skinless chicken and/or turkey*
  - Cooked beans and peas
  - For children under age four, meats, beans and peas should be soft, puréed, ground, mashed or finely chopped to prevent choking.

Choking Hazards

- Do not feed children younger than four years of age round, firm food unless it is chopped completely.

- The following foods are choking hazards:
  - Nuts and seeds
  - Large chunks of cheese or meat (e.g., hot dogs)
  - Whole grapes, chunks of hard fruit (e.g., apples) and raw vegetables
  - Peanut butter
  - Ice cubes
  - Raisins
  - Popcorn
  - Hard, gooey, or sticky candy, chewing gum

- *Never leave an infant unattended while she/he is eating.

Signs of Hunger

Babies should be fed whenever they show you they are hungry. Look for these signs:

- Rooting: a reflex in newborns that makes them turn their head toward a breast or bottle to feed

- Sucking on fingers or a fist

- Moving, licking or smacking of lips

- Fussing or crying

- Excited arm and leg movements

Signs of Fullness

- It’s not necessary for your baby to finish a bottle or container of food. If he shows signs that he is full and there is food left, allow him to stop eating. When making a meal, offer the correct amount of food for his age and offer more only if he is still hungry and engaged in eating. Look for these signs of fullness:

- Sealing lips together, decreasing sucking, spitting out or refusing the nipple, or pushing or turning away from the breast or bottle

- Milk begins to run out of the baby’s mouth
Safety and Storage of Breast Milk

- It is best to defrost breast milk either in the refrigerator overnight, by running under warm water, or by setting in a container of warm water. Thawed breast milk should be used within 24 hours. Do not refreeze unused milk.
- If your baby doesn’t finish the bottle of breast milk within one hour, throw out the rest. Bacteria from saliva can contaminate the milk and make your infant sick if he drinks it later.

### Breast Milk Storage Guidelines

<table>
<thead>
<tr>
<th>Location of Storage</th>
<th>Maximum Recommended Storage Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Room Temperature</td>
<td>3-4 hours</td>
</tr>
<tr>
<td>Refrigerator</td>
<td>48-72 hours</td>
</tr>
<tr>
<td>Freezer</td>
<td>6 months</td>
</tr>
</tbody>
</table>

How Much to Feed Your Baby

Understand your role and your baby’s role at mealtimes. Your job is to offer breast milk or formula at regular times; your baby’s job is to decide how much to eat.

*Ask your healthcare provider if you have any questions about feeding your baby.*

<table>
<thead>
<tr>
<th></th>
<th><strong>BREAKFAST</strong></th>
<th><strong>LUNCH/SUPPER</strong></th>
<th><strong>SNACK</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Breast Milk or Formula</td>
<td>6 – 8 fluid oz</td>
<td>6 – 8 fluid oz</td>
<td>2 – 4 fluid oz</td>
</tr>
<tr>
<td>2. Fruit or Vegetable</td>
<td>1 – 4 Tbsp</td>
<td>1 – 4 Tbsp</td>
<td>None</td>
</tr>
<tr>
<td>3. Grain or Bread</td>
<td>2 – 4 Tbsp</td>
<td>2 – 4 Tbsp</td>
<td>None</td>
</tr>
<tr>
<td>Infant Cereal</td>
<td>None</td>
<td>None</td>
<td>0 – 1/2 slice</td>
</tr>
<tr>
<td>Bread</td>
<td>None</td>
<td>None</td>
<td>0 – 2 crackers</td>
</tr>
<tr>
<td>Crackers</td>
<td>None</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>4. Meat or Meat Alternate (protein source)</td>
<td>None</td>
<td>1 – 4 Tbsp</td>
<td>None</td>
</tr>
<tr>
<td>Lean meat, poultry/fish, egg yolk, cooked beans or peas</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheese</td>
<td>None</td>
<td>1/2 – 2 oz</td>
<td>None</td>
</tr>
<tr>
<td>Cottage cheese</td>
<td>None</td>
<td>1 – 4 oz</td>
<td>None</td>
</tr>
</tbody>
</table>
## Tip Sheet: Healthy Eating for Infants Ages 8 through 11 Months

### How Much to Feed Your Baby

<table>
<thead>
<tr>
<th>Feeding Method</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breastfeeding</td>
<td>On demand</td>
</tr>
<tr>
<td>Iron-fortified infant formula*</td>
<td>6 – 8 fluid ounces per feed</td>
</tr>
<tr>
<td>Water with no added sweeteners</td>
<td>If desired, small amounts can be given after breast milk or iron-fortified formula</td>
</tr>
</tbody>
</table>

### Daily Formula Feeding Amounts by Age

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Amount per Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 through 11 months</td>
<td>26 – 32 fluid ounces</td>
</tr>
</tbody>
</table>

*Formula intake should be adequate to support appropriate weight gain as determined by the infant’s doctor.

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Reminder: Never use a microwave to heat a bottle of breast milk or formula.
Tip Sheet: Healthy Eating for Infants Ages 8 through 11 Months

Age-Appropriate Servings for Lunch/Supper for Ages 8 through 11 Months

Grain/Bread
Infant Cereal – 3 Tbsp serving shown

Fruit/Vegetable
2 Tbsp serving shown – puréed, mashed or finely chopped

Meat/Meat Alternate
2 Tbsp serving shown – puréed, mashed or finely chopped

Lunch/Supper shown on 8” plate. Add breast milk or formula to complete the meal requirements.