

# Tip Sheet: Healthy Eating for Infants Ages 8 through 11 Months

## 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
  - Your state breastfeeding coalition. Find it at: <http://www.usbreastfeeding.org/Coalitions/CoalitionsDirectory/tabid/74/Default.aspx>
- 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

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## 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	
Location of Storage	Maximum Recommended Storage Time
Room Temperature	3-4 hours
Refrigerator	48-72 hours
Freezer	6 months

## Safety and Storage of Formula

- Always follow label directions carefully.
- If your baby doesn't finish the bottle of formula within 1 hour, throw out the remainder. Bacteria from saliva can contaminate the formula and make your infant sick if she drinks it later.
- To prevent waste and save time, mix a large batch of formula and divide it into bottles that you can refrigerate and use throughout the day.

Formula Storage Guidelines	
Location of Storage	Maximum Recommended Storage Time
Room Temperature	2 hours
Room Temperature	1 hour if warmed
Refrigerator	24 hours

## 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.*

	BREAKFAST	LUNCH/SUPPER	SNACK
	Serve all 3 components	Serve all 4 components	Serve both components
1. Breast Milk or Formula	6 – 8 fluid oz	6 – 8 fluid oz	2 – 4 fluid oz
2. Fruit or Vegetable	1 – 4 Tbsp	1 – 4 Tbsp	None
3. Grain or Bread			
Infant Cereal	2 – 4 Tbsp	2 – 4 Tbsp	None
Bread	None	None	0 – 1/2 slice
Crackers	None	None	0 – 2 crackers
4. Meat or Meat Alternate (protein source)	None	1 – 4 Tbsp	None
Lean meat, poultry/fish, egg yolk, cooked beans or peas			
Cheese	None	1/2 – 2 oz	None
Cottage cheese	None	1 – 4 oz	None

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### How Much to Feed Your Baby

If breastfeeding	On demand
If iron-fortified infant formula*	6 – 8 fluid ounces per feed
Water with no added sweeteners	If desired, small amounts can be given after breast milk or iron-fortified formula

### Daily Formula Feeding Amounts by Age\*

8 through 11 months	26 – 32 fluid ounces per day
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\* Formula intake should be adequate to support appropriate weight gain as determined by the infant's doctor.



7 oz serving shown



*Reminder: Never use a microwave to heat a bottle of breast milk or formula.*

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

#### Grain/Bread

Infant Cereal –  
3 Tbsp serving shown

#### Meat/Meat Alternate

2 Tbsp serving shown –  
puréed, mashed or finely chopped



#### Fruit/Vegetable

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.