

“FEED ME!” Feeding Guidelines for age 0-2 years

Every baby is very special and unique. All babies feed differently so do not worry if your baby eats a little more or less than this guide suggests. Your pediatrician will be watching your baby’s growth curve to be sure his/her growth is normal. This is only a guideline to help you get started.

<i>Age</i>	<i>Food Group</i>	<i>Foods</i>	<i>Times per day</i>	<i>Serving Size</i>	<i>Feeding Tips</i>
0-4 months	Milk	Breast Milk	On demand 8-12x/day		<ul style="list-style-type: none"> • Nurse baby at least 10-20 minutes on each breast every 2-3 hours. • Six wet diapers daily are a good sign that your baby is getting enough to eat. • No added water is needed at this age. • There’s no need to force your baby to finish a bottle. Do not bottle prop! • Putting a baby to bed with a bottle can cause choking and baby bottle tooth decay. • Heating formula or breast milk in the microwave is not recommended as milk may heat unevenly and burn baby’s mouth. • Daily totals for this age are approx. 16-32 ozs.
		Formula			
4-6 months	Milk	0-1 months	6-8	2-4 ozs	<ul style="list-style-type: none"> • Breast milk or formula has all the nutrition your baby needs up to 6 months and will satisfy your baby longer than cereal. • Start iron-fortified baby cereal by spoon when baby shows these signs of readiness or recommended by pediatrician: <i>Sits with support</i> <i>Opens mouth when food is offered</i> <i>No longer tongue thrusts</i> • Daily totals for this age are approx 24-36 ozs. • Cereal may be mixed with breast milk, formula, or water for spoon feeding. Not recommended to put cereal in bottle unless directed by pediatrician
		1-2 months	5-7	3-6 ozs	
	2-3 months	4-7	4-6 ozs		
	3-4 months	4-6	5-8 ozs		
	Grain	Baby cereal (iron- fortified)	0-2	1-2 tablespoons	