

Food for Baby's First Year—General Guidelines for Feeding Healthy Infants

Birth to 6 Months

- Pediatricians recommend babies be breastfed until at least 1 year of age or older.
- If you are thinking about giving infant formula (artificial baby milk) to your breastfed baby, talk with the nutritionist or health care provider.
- Babies who are not breastfed need iron-fortified infant formula until they are 1 year old.

Breastfed Babies

Birth to 2 months:

- 8 to 12 or more breastfeedings per day

2 to 4 months:

- 8 to 10 or more breastfeedings per day

4 to 6 months:

- 6 to 8 or more breastfeedings per day

Formula Fed Babies

Birth to 1 month:

- 2 to 3 oz formula per feeding
- 8 to 12 feedings per day

1 to 4 months:

- 4 to 6 oz formula per feeding
- 6 to 8 feedings per day

4 to 6 months:

- 5 to 8 oz formula per feeding
- 5 to 6 feedings per day

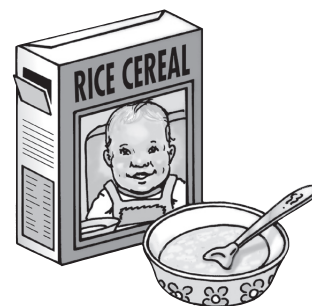
Water

Healthy babies under 6 months old do not usually need to be given water bottles. Check with your baby's health care provider for more information.



Most babies are ready to eat baby cereal when they can hold their heads steady, sit with some support, and take cereal off a spoon.

In the United States, it is recommended that women with HIV or AIDS not breastfeed as the virus can be passed to their baby through breastmilk. If you do not know your HIV status, please ask your health care provider for an HIV test.



Baby Cereal

- Begin iron-fortified baby cereal between 4 and 6 months. For babies who are only breastfed, wait until about 6 months.
- Start with rice baby cereal. Mix dry cereal with breastmilk, infant formula, or water.
- Feed rice cereal for 1 week, then start oatmeal or barley cereal. Feed your baby only one new cereal each week.
- Feed 1 to 8 tablespoons prepared cereal per day with a spoon, not in a bottle or infant feeder.
- Wait until 8 months to start mixed grain baby cereal.