

The First Year: What to Feed Your Baby



Body Development

- Exhibits rooting reflex
- Needs head support
(some head support may start to appear)

Feeding Development

- Tongue moves forward and back to suck
- Cries or fusses to show hunger
- Smiles, gazes at caregiver or coos during feeding to indicate desire to continue
- Spits out nipple or falls asleep when full

Foods (quantity per day)

- Breastmilk, 8 to 12 feedings
- Iron-fortified formula (16-32 oz.), 8 to 12 feedings



Body Development

- Holds neck steady
- Sits with support
- On tummy, pushes on arms with straight elbows

Feeding Development

- Draws in lower lip as spoon is removed from mouth
- Moves head forward to reach spoon when hungry
- Sometimes swipes food toward mouth when hungry
- Turns head away from spoon when full

Foods (quantity per day)

- Breastmilk, 4 to 6 feedings
- Iron-fortified formula (24-40 oz.), 4 to 6 feedings



Body Development

- Reaches and grasps for objects
- Experiments with mouth movements

Feeding Development

- Reaches for spoon or food when hungry
- Points to food when hungry
- Slows down in eating when full
- Clenches mouth shut or pushes food away when full

Foods (quantity per day)

- Breastmilk, 3 to 5 feedings
- Iron-fortified formula (24-32 oz.), 3 to 5 feedings
- Infant cereal, 1-4 Tbsp. twice per day
- Fresh/cooked puréed fruits, mashed bananas, applesauce, 1/2 cup per day
- Strained or mashed vegetables, dark yellow, orange or green (avoid corn), 1/2 cup per day
- Puréed meats, 1-2 servings per day*



Body Development

- Sits alone without support
- Picks up objects with thumb and finger
- Leans toward spoon
- Sucks from a cup

Feeding Development

- Reaches for food when hungry
- Points to food when hungry
- Shows excitement when food is presented when hungry
- Pushes food away when full
- Slows down in eating when full

Foods (quantity per day)

- Breastmilk, on demand
- Iron-fortified formula (16-32 oz.), 3 to 4 feedings
- Infant cereals, cream of wheat, other plain hot cereals, toast, bagel, crackers, 2-3 servings per day*
- Peeled (soft fruit wedges), bananas, peaches, pears, oranges, apples, 1-2 servings per day*
- Cooked and mashed fresh or frozen vegetables, 1-2 servings per day*
- Lean meat, chicken or fish (strained, chopped or small tender pieces), egg yolk, cooked dried beans, 3-4 servings per day*



Body Development

- Learns to crawl
- May pull self to stand

Feeding Development

- Holds a cup with help
- Experiments with self-feeding
- Reaches for food when hungry
- Points to food when hungry
- Shows excitement when food is presented when hungry
- Pushes food away when full
- Slows down in eating when full

Foods (quantity per day)

- Breastmilk, on demand
- Iron-fortified formula (16-24 oz.), 3 to 4 feedings
- Unsweetened hot or cold cereals, bread, rice, noodles, 4 servings per day*
- All fresh fruits (peeled and seeded), canned fruits (packed in water or fruit juice), 2 servings per day*
- Cooked vegetables pieces, 2 servings per day*
- Small tender pieces of meat, chicken or fish (1-2 oz.), egg yolk, yogurt, cheese, cooked dried beans, 3-4 servings per day*

* One serving size is considered to be 1 tablespoon