Infant Feeding Guidelines

4-6 months
We recommend starting solid foods between 4-6 months old. Current evidence does not support the delay of food introduction for the purpose of preventing allergies. However, please talk to your physician if there is a family history of severe food allergies.

Signs that your infant is ready to begin solids include:
- Sits with support
- Good head and neck control
- Puts hands and toys into their mouth
- Pushes up on arms when on their tummy
- Leans forward and opens mouth when interested in food

Begin with single ingredient foods. Rice cereal is generally offered first. You can start with 1 Tbsp of cereal mixed with breast milk or formula on a spoon 1-2 times a day. When your baby is doing well with this, you can increase to 2-3 Tbsp per feeding and begin other first foods. Each food should be introduced one at a time for 3-4 days. Your infant will continue to take 24-40 oz per day of breast milk or formula.

6 months
Your infant can eat stage 1 and 2 baby foods 2-3 times a day. You can introduce pureed meats and yogurt for protein. Finger foods can be introduced at 6-8 months. We recommend starting with puffs as they dissolve quickly. You may also introduce a sippy cup with water. Please discuss fluoride with your doctor if you have well water.

Signs that your infant is ready to begin finger foods include:
- Sits independently
- Grasps and releases food
- Chews food

9 months
Your infant will take 16-32 oz per day of breast milk or formula. Feed your infant solid foods 3-4 times per day. Most infants are able to take a variety of stage 2, stage 3, and finger foods (soft fruits, cooked vegetables, cereals, bread or noodles, small tender pieces of meat/fish, tofu, soft cheese, eggs, and cooked beans). We recommend 2 servings each of fruit, vegetable, and protein plus 2-3 servings of grain per day.

Whole milk, honey, and choking foods (hot dogs, nuts, grapes, raw carrots, popcorn) are not recommended for any infant under 12 months. In addition, infants should not be given sweets or foods with additives (salt or extra sugar).

**Please contact your physician if your infant has any signs of an allergic reaction, such as vomiting, diarrhea, rash, and lip or facial swelling.