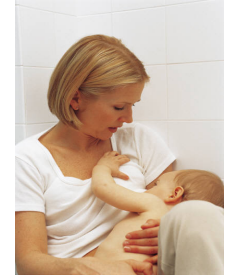


Eastman & Vempati, MD, PC

Feeding Tips

Breast Feeding:

- The breast is 80 -90% emptied in the first 6-8 minutes of feeding.
- Water support is not routinely necessary but will not cause harm once milk is in.
- Introducing a bottle is best after 2-4 weeks to avoid nipple confusion, but it should be introduced if desired before four months of age.
- Freshly pumped milk is good for 24 hours in the refrigerator, and 3-6 months in the freezer if properly stored.
- Defrosted milk is good for 24 hours in the refrigerator.



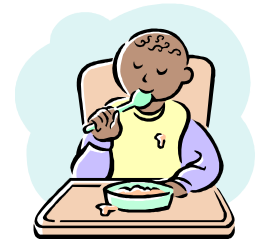
Bottle Feeding:

- Always measure and mix formula according to package directions unless instructed by a physician or nurse to do otherwise.
- Never put a baby to bed with a bottle. This leads to tooth decay and an increased incidence of ear infections.
- Never put solid foods in the bottle.
- Discard formula in refrigerator if not used before 48 hours or if outside of refrigerator more than 3 hours.
- Introduce a 2-handed cup at 6 months; don't expect skillful use before 8 months.



Feeding Solids:

- Babies are not ready for solids until 4-6 months of age. They do not have a mature swallowing mechanism before that, and their gastrointestinal tract and kidneys will not enable them to handle solid foods until then.
- All foods should be introduced from a spoon, preferably rubber. Do not put foods in a bottle.
- Starting a baby on cereal before 4-6 months of age has not been proven to help the baby sleep through the night.
- Introduce new foods one at a time every three to four days, observing for adverse reactions such as diarrhea, vomiting, or rash. Start with single rather than mixed foods.
- Do not force feed. If baby refuses a food, try again later.
- Do not feed from a jar. Transfer the food to a plate or bowl.
- Foods may be prepared at home for baby using suitable equipment designed for this task. Purchase foods that are age appropriate.
- Avoid spicy, high-fiber, and high-fat foods such as bacon, fried foods, whole-kernel corn, and gravy.
- Avoid adding seasoning to food. This includes salt.
- Avoid nuts, popcorn, peanut butter, hot dogs, and hard vegetable slices until two years of age, due to high risk of choking. (Ask your physician or nurse for a list of additional foods to avoid in order to prevent choking.)
- No honey or Karo syrup in the first year of life due to small risk of botulism.
- Always use iron-fortified formulas and cereals.
- Babies can continue certain baby foods beyond a year of age as a means of improving nutrition (example: baby meats).
- Do not heat foods in microwave.



Infant Diet Guide

Foods	0-4 months old	4-5 months old	5-6 months old	6-8 months old	8-10 months old	10-12 months old	Over 12 months old
Breast Milk Or Formula with Iron (per day)	5-9 Feedings 0-2 mo. 16-24 oz daily 2-4 mo. 24-32 oz daily	4-6 Feedings 32 oz daily	4-6 Feedings 32 oz daily	4-6 Feedings 32 oz daily	3-5 Feedings 24 oz formula or breast milk daily 32 oz total (24 oz formula plus 8 oz other dairy equivalents)	3-5 Feedings 24 oz formula or breast milk daily 32 oz total (24 oz formula plus 8 oz other dairy equivalents)	2-4 Feedings 20 oz maximum of whole milk daily 16-32 oz of milk or calcium equivalents daily
Grains	None at this age.	Enriched single-grain cereals: rice, barley or oatmeal. 2 Tbsp. twice daily made with formula.	Infant cereal once daily.	Infant cereal, soft crackers, toast.	Infant cereal, adult cereal, crackers, toast.	Infant cereal, adult cereal, crackers, toast.	Table foods, selected jarred baby foods.
Vegetables	None at this age.	None at this age.	Strained, plain yellow & green, 2-oz jars, 1-2 times daily.	Strained, plain yellow & green, 2-4 oz daily.	Cooked, mashed table vegetables 2-4 oz daily.	Cooked, soft vegetables pieces.	Table foods & selected jarred baby foods.
Fruits	None at this age.	None at this age.	Strained fruits, 2-oz jars, 1-2 times daily.	Strained or mashed fruits, 2-4oz daily	Strained or soft peeled fruits 2- 4 oz daily.	Peeled fresh or canned fruits.	Table foods & selected jarred baby foods.
Protein	None at this age.	None at this age.	None at this age.	Plain or fruit yogurt, strained meats (lamb or veal, 2-4 oz daily	Plain or fruit yogurt, strained meats, cottage cheese, beans, egg yolks (only)	Small, soft meat pieces, yogurt, cottage cheese, beans, egg yolks	Table foods & selected jarred baby foods, whole eggs, appropriate fish.