



# Pediatric Feeding Guide



## FOODS APPROPRIATE FOR BABIES 6 TO 8 MONTHS

Mashed bananas or small slices  
 Soft cooked vegetables, peeled  
 Canned pears or peaches  
 Toast; lightly buttered  
 Arrowroot cookies  
 Mashed Potatoes

Graham Crackers  
 Cooked cereals  
 Cottage Cheese  
 Applesauce  
 Cheerios  
 Yogurt



## FOODS APPROPRIATE FOR BABIES 9 TO 15 MONTHS

Apple, peeled and cut into eights  
 Orange sections, peeled and loose membranes removed  
 Egg, boiled, scrambled or poached  
 Spaghetti with meat sauce  
 Fish, without bones (also Geflited fish)  
 Soft cooked pieces of chicken (diced or shredded)  
 Smooth peanut butter (always spread thinly on bread or crackers)  
 Peaches, ripe and peeled  
 Carrots and other vegetables, cooked  
 Tender meats; lamb, veal and some beef

## FINGER FOODS NOT RECOMMENDED FOR CHILDREN 3 YEARS AND UNDER



### **\*DIFFICULT TO DIGEST**

- \*Corn
- \*Chocolate
- \*Baked Beans
- \*Raw Vegetables

### **MAY CAUSE GAGGING**

- Raw carrots or celery*
- Hard Candies*
- Popcorn*
- Nuts*
- Grapes*
- Olives*
- Raisins*

\*\*\*Remember: Even a 3 year old with teeth may not take the time to chew well. DO NOT take the chance! Especially with NUTS, RAISINS, or POPCORN!!! HOT DOGS or MEAT STICKS should be cut lengthwise, then crosswise. \*\*\*\*

## FOOD TIPS FOR CHILDREN 2 TO 5 YEARS

Food, necessary for sustaining life, is also a focal point for the family; talking and sharing at meal time among family members, learning cultural values and practices, experiencing variety, new tastes, textures and smells, developing likes and dislikes, and sharing companionship with friends and relatives are all important.

### DO'S AND DON'TS

#### DON'T

1. Force child to eat everything on plate.
2. Force child to eat foods he/she does not like.
3. Punish child for not eating.

#### DO

1. Provide a balanced variety of nutritious foods.
2. Plan to make meal time pleasant—leave criticisms elsewhere.
3. Serve small amounts of food on plate.
4. As models, do not expect child to be more than what you are (or enjoy a variety of foods if you do not, or sample new foods if you do not, etc.)
5. Help child to try new and disliked foods by very small (1/2 tsp.) servings.
6. Praise child for trying foods and cleaning plate.
7. When there is an eating problem, assess the entire situation beginning with you own attitude about food and eating and your childhood experiences and how you feel about them now. Give us a call and talk things over.

## **HELPFUL HINTS ON FEEDING**

Don't be in a rush to start your baby on solid foods. In the first 6 months, breast milk or formula is a more important food than solids. There does come a point between the age of 4 to 6 months when you may choose to add solid foods to the diet. The first thing to start with is rice cereal. Start with a small amount, approximately one tablespoon, and mix it with a little formula or breast milk. Do not put the cereal in the bottle because the baby really needs to learn to feed from a spoon. A small infant spoon is preferred. The cereal can be offered at any time during the day that is comfortable for both mother and baby.

The baby can progress to fruits and vegetables next. Introduce new things slowly. Try each new fruit or vegetable for 4 to 5 days to see if it agrees with the baby. After the baby is doing well on cereal and a few fruits, it is fine to start giving baby vegetables. The last thing to introduce is the meats.

You may want to purchase a small food grinder or use your blender to prepare your own foods. The foods that you feed your family can be used to feed the baby. Most likely, you will not stop using processed baby food all together. When you purchase those little jars, read your labels carefully. Stay with the basic fruits, vegetables, and meats. Avoid combination meals. You get less protein per serving than if you combined a jar of meat and vegetables yourself. Avoid jars containing sugar and modified starches as major ingredients. Forget the baby dessert; babies do not need them anymore than we do. If you are nervous about making your own baby foods, start with some of the many soft or pureed grocery store foods that are available to you, such as unsweetened applesauce, cottage cheese, yogurt, and cream of rice cereal.

Your child develops tastes during the first few years that will carry on through later life. By avoiding heavily sugared or salted foods, you can possibly prevent a craving for unnecessary foods.

A child eats when hungry and will take just what is needed to maintain his/her growth rate. Servings should be small (as should the plates or bowl) so as not to be discouraging. If your child should reject a particular food, return to a favorite and the in a few days offer the new food again. It isn't always easy to respect your child's strong food dislikes, but it is important to try.

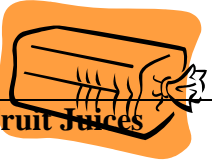




Most babies with 2 to 4 teeth are more receptive to lumpier foods. Regardless of age, babies do not need teeth to chew. Gums do an adequate job on soft foods. More chewy fruits and vegetables can be added as more teeth erupt.

### **TWO POINTS OF CAUTION**

**First:** Respect your child's ability to handle foods. For example, some infants gag and choke easily on solid foods and should not be pushed to use finger foods. Others do well much earlier, allowing more choices from the table. It is always wiser to be cautious than to have a serious choking spell.

**Second: CHOKING** If the child *is choking* (therefore *is* breathing), ***DON'T intervene***. If the child *is silent* (not breathing), place the child head down on one's lap. Give four sharp blows to the back. If this fails, give four chest thrust. Then repeat the back blow.

# Infant Feeding Guide

Foods	0-4 Months	4-6 Months*	6-8 Months	8-10 Months	10-12 Months
Breast milk ,or Iron-fortified Formula	5-10 feedings 24- 32 ounces	4-7 feedings 24-32 ounces	3-4 feedings 24-32 ounces	3-4 feedings 16-32 ounces <i>(offer cup)</i>	3-4 feedings 16-24 ounces <i>(offer cup)</i>
<b>Cereals and Breads</b> 	<b>NONE</b>	Boxed rice, oatmeal or barley ( <i>spoon-fed</i> ). No sugar, fruit or honey added. <i>Mix 2-3 teaspoons with breast milk, formula, or water</i>	All varieties of boxed infant cereal except cereal with fruit or honey.  <i>(Twice a day)</i>	-Infant Cereal  -Toast, bagel, or crackers	-Infant or cooked cereals -Unsweetened cereals -Bread -Rice -Noodles and spaghetti
<b>Fruit Juices</b> 	<b>NONE</b>	<b>NONE</b>	- Fruit juice - Vitamin C fortified <i>Try juice from a cup 2-3 ounces daily</i>	Any 100% Vitamin C fortified unsweetened juice <i>2-3 ounces in a cup</i>	Any 100% Vitamin C fortified unsweetened juice. <i>2-3 ounces in a cup</i>
<b>Vegetal</b> 	<b>NONE</b>	<b>NONE</b>	Strained or mashed: *winter squash,* sweet potatoes, peas, green beans, and, *commercially prepared carrots, and *spinach. <i>½-1 jar or ¼ to ½ cup/daily</i> *Good sources of Vitamin A	- Cooked, mashed family vegetables - Junior Vegetables	Cooked vegetable pieces
<b>Fruits</b> 	<b>NONE</b>	<b>NONE</b>	- Fresh or cooked fruits: mashed banana, applesauce - Strained fruits (avoid fruit desserts) <i>½ to 1 jar or ¼ to ½ cup/day</i>	Peeled, soft fruit wedges: bananas, peaches, and pears	- All fresh fruits peeled and seeded - Canned fruits, packed in water or fruit juice
<b>Proteins</b> 	<b>NONE</b>	<b>NONE</b>	May offer: - Lean meat, chicken, and fish (strained, chopped) - Egg yolk, yogurt, cottage cheese, mild cheese	- Lean meat, chicken and fish (strained, chopped, or small tender pieces) - Egg yolk, yogurt, cottage cheese, mild cheese	- Small tender pieces of meat, fish , or chicken - Whole egg - Cheese, cottage cheese, and yogurt

\* It is recommended that breastfed infants be introduced to solid foods at about six months of age. For breastfed babies, ask your doctor about Vitamin D and fluoride supplements

# SOME THINGS TO REMEMBER...

Every baby is different.  
Consult your pediatrician or nutritionist to make sure your baby is getting what she/he needs.



A baby's bottle is for plain water and formula only, not infant cereal.

Avoid Kool-Aid, Hi-C, soda, and fruit punch which are made of mostly sugar, water, and food.



Try not to feel pressured to start solid foods early. Babies get all they need in the first four to six months from breast milk or formula.



**Y**ou can make your own baby foods.

⇒ Do not add sugar, honey, corn syrup, butter, or salt to your homemade baby food.

⇒ Avoid homemade carrots, spinach, & beets in the first year.

⇒ Ask your nutritionist for more information on preparing your own baby foods



Feed your baby small amounts at first; make the food thin and smooth by mixing it with a little breast milk, formula or water. Use a baby spoon for feeding.

Buy plain meats, vegetables, and fruits – you get more for your money.

⇒ Combination dinners like turkey noodle contain a lot of water and starch fillers.  
⇒ Mix meats and vegetables together if your baby prefers them that way.



Monday → Monday

Add one new food at a time. Wait at least 5 – 7 days before you try another one.

⇒ This will give time for your baby to adjust to the new food.

⇒ If your baby has a reaction, you know which



Foods to avoid:

- Mixed dinners
- Bacon, luncheon meats,
- Hot dogs
- Creamed vegetables
- Fruit desserts
- Puddings
- Cookies, candy, cakes, and sweetened drinks

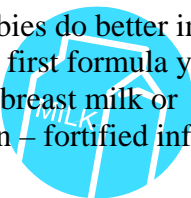
(These foods are high in fat and sugar and contain few nutrients for your money).



### The Best Foods

- Plain vegetables
- Plain meats
- Plain fruits
- Egg yolk
- 100% fruit juice
- Unsalted crackers
- Rice
- Noodles
- Whole wheat bread
- Unsweetened cereals
- Plain yogurt
- Cottage cheese

Babies do better in the first formula year on breast milk or iron – fortified infant



When your baby is a year old, offer whole milk.

### Foods that Cause Choking in Young Children



- Hot Dogs
- Berries
- Peanut Butter
- Popcorn
- Nuts, Raisins
- Hard Candies
- Other firm chunks or foods