Infant Nutrition

Birth to Twelve Months



Why It's Important

Infancy is a period of rapid growth. During this time nutritional needs are of significant importance.

- Gastrointestinal changes occur and mature
- Baby is transitioning from feeding dependence to self feeding
- New foods are being introduced
- Establishing routines are important



Feeding Methods

• The American Academy of Pediatrics and The American Heart Association recommends breastfeeding exclusively for the first 4 - 6 months

Many new mothers choose to formula feed



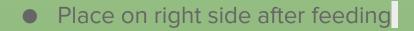
2 Weeks - 1 Month

The first few weeks...

• Breast milk on demand at least every 2-3 hours

Iron-fortified formula 2-3 oz every 3-4 hours if not breastfeeding

• Vitamin D supplement 400 IU/day for breastfed infants and for formula-fed babies consuming fewer than 1 liter (33 ounces) per day







Your baby is reaching new milestones and these affect their nutritional needs

• Breastfeed on demand with increasing intervals

• Formula, 4-6 oz six times per day

 Vitamin D supplementation 400 IU/day for breastfeeding infants and for formula fed infants if taking less than 1 L (33 oz) of formula/day



4 months

• Maintain breastfeeding schedule

• Formula, 5-6 oz five or six times per day

• Bottle supplement if breastfeeding mother has returned to work

Begin iron supplementation for exclusively breastfed infants





• Signs for Readiness

• Introduce no earlier than 4 months and no later than 6 months

 Should be given one at a time in small amounts to avoid confusion if a food allergy presents





Begin introducing solid foods one at a time by spoon; use iron-fortified cereals

- Hold or place in infant seat for feeding
- Begin to offer a cup
- May discontinue iron supplementation for breastfeeding infants who are taking sufficient iron-rich solid foods

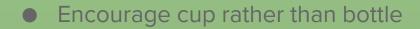


• Continue to breastfeed on established schedule

• Formula, 16-32 oz/day

• Continue iron-fortified cereal

• Begin to introduce various soft, mashed, or chopped table foods







• May begin whole milk (2 or 3 cups daily)

• Offer various table foods from different food groups

• Begins to use table utensils

• Usually eats three meals and snacks

• Avoid giving foods high in salt and sugar

