



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
- Place on right side after feeding



2 Months

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



Solid Foods

- 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



6 months

- 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



9 months

- 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
- Encourage cup rather than bottle



12 months

- 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

