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Age	Food	Type	Frequency	Suggested Serving	Feeding Tips
0-4 Months	Milk	Breast or Formula  0-1 Month 1-2 Months 2-3 Months 3-4 Months	On demand  6-8 Times 5-7 Times 4-6 Times 4-6 Times	2-4 ounces 3-5 ounces 4-7 ounces 5-8 ounces	*nurse 5-10 minutes per breast *never prop the bottle *always hold baby to feed *don't microwave bottles *Don't force large amounts
4-6 Months	Milk  Grain	Breast or Formula  Rice	4-6 Times  1-2 Times	6-8 ounces  1-2 tbsp.	*don't prop the bottle *use pacifier for sucking *if baby is taking over 32 ounces then start cereal *don't put cereal in the bottle
6-8 Months	Milk  Grain  Fruits & Veggies	Breast or Formula  Baby cereal  Strained	3-5 Times  1-2 Times  2-4 Times	6-8 ounces  2-4 tbsp.  2-3 tbsp.	*start food one at a time *breast or formula before giving solids *keep solids refrigerated *no foods with chunks
8-12 Months	Milk  Grain  Fruits & Veggies  Juice  Meat	Breast or Formula  Yogurt/Cottage cheese  baby cereal, crackers, bread, dry cereal  Strained or mashed  Not Orange  Strained chicken	3-4 Times  Offer Offer  1-2 Times  3-4 Times  1 Time  1-2 Times	6-8 ounces  _ cup- _ cup 1-2 tbsp.  2-4 tbsp. Dry Cereal(small amount) 3-4 tbsp.  4 ounces(in cup)  3-4 tbsp.	*try using a sippy cup *baby cannot hold bottle *don't give bottle in bed *start SOFT finger foods *be patient *feed in high chair *feed only foods that will dissolve in mouth *juice should NOT replace milk *give juice in cup *no hotdogs or pieces of meat that need chewing *no honey

\*after the 1<sup>st</sup> birthday, whole milk may be given instead of breast milk or formula\* continue to have meals in high chair or at the table\*DO NOT allow grazing (allowing the child to walk around and eat small amounts of food frequently) \*Snacks are important for increased energy needs and should be given at the table \* Give 1 tbsp. of food/ year of age so child is not overwhelmed.