

## A DAILY FOOD GUIDE FOR YOUR CHILD

This daily food guide will help you give your child the kinds of foods s/he needs at different ages. Consult your pediatrician for the appropriate time to introduce your child to solid foods and finger foods.

AGE	FOOD ITEMS	AMOUNTS
BIRTH TO 6 MONTHS	Breast milk & / or iron-fortified formula	Varies with baby's growth and development
4 - 6 MONTHS	Iron-fortified infant cereal. Start with Oatmeal (which is a whole grain) Mix cereal with formula, breast milk, or plain unsweetened fruit juice with vitamin C. Breast milk & / or iron-fortified formula Water	4 - 8 Tbsp. prepared cereal 2 - 4 ounces in cereal As desired
6 - 8 MONTHS	Strained fruit, plain Strained vegetable, plain Iron-fortified infant cereal, mixed with fruit, veggies Toast or crackers made for babies Breast milk & / or iron-fortified formula Water	1 - 2 Tbsp. 5 - 7 Tbsp. 4 - 6 Tbsp. 1 small servings 24 - 32 ounces as desired
9 - 10 MONTHS	Fruits, vegetables and meats, well-cooked soft, finely diced or mashed Iron-fortified infant cereal Fruits * & Vegetables * Meat *, poultry, finely chopped or ground Ground nuts or nut butter, thinly spread Yogurt (not low fat), cottage cheese Cheese Breast milk & / or iron-fortified formula Water  * texture based on what your child likes.	small servings 4 - 6 Tbsp. 6 - 8 Tbsp. 4 - 6 Tbsp. 1 - 2 Teaspoons 4 - 6 Tbsp. 2 oz. 24 - 32 ounces as desired
11 - 12 MONTHS	Infant cereal, as long as possible. Whole grain, ready-to-eat cereal as a finger food Bread, crackers, toast, cooked noodles Fruits & Vegetables: soft, in bite sized pieces, fresh, canned or cooked. Meats: pieces of tender lean beef, chicken Yogurt (not low fat), cottage cheese Cheese Breast milk & / or iron-fortified formula Water	4 - 6 Tbsp. 1 - 2 small servings ½ cup  2 oz. or 1/2 cup chopped ½ cup 2 oz. 16 - 24 oz. as desired

**See foods to avoid on other page.**

## SAMPLE MENU FOR YOUR CHILD

6 - 8 MONTHS	9 - 12 MONTHS	1 -2 YEARS
<b>BREAKFAST</b> Breast milk or formula 6 - 8 oz. Iron fortified single grain infant cereal 2 - 4 Tbs. Strained pears or mashed banana 1 -2 Tbs.	Breast milk or formula 8 - 10 oz. Iron fortified infant cereal 2 - 4 Tbsp. Canned peaches or fresh fruit 2 - 4 Tbsp.	Milk 1/2 cup Bananas 1/4 Cheerios 1/2 cup Toast 1/2 slice Butter or margarine 1 tsp.
<b>MID A.M. SNACK</b> Breast milk or formula 6 - 8 oz.	Cut up fruit Cubes of cheese Water or juice (max 4 oz.)	Cut up fruit Cubes of cheese Water or juice (max 4 oz.)
<b>LUNCH</b> Breast milk or formula 6 - 8 oz.	Breast milk or formula 8 - 10 oz. Baked chicken, finely diced 1 oz. Carrots, cooked, diced 4 Tbsp.	Milk 1/2 cup Sandwich 1/2 Carrots cooked, diced 2 - 4 Tbsp.
<b>MID P.M.</b> Breast milk or formula 6 - 8 oz.	Graham Cracker 1 square Peanut butter 1 teaspoon Yogurt 2 - 4 oz.	Milk 1/2 cup Graham cracker 1 rectangle Peanut Butter 1 teaspoon
<b>DINNER</b> Breast milk or formula 6 - 8 oz. Iron fortified Infant cereal 2 - 4 Tbsp. Cooked mashed peas 2 - 4 Tbsp.	Breast milk or formula 8-10 oz. Casserole of ground beef, rice, peas (1 oz. meat) 1/2 cup Fruit 2 - 4 Tbsp.	Milk 1/2 cup Meat loaf 2 oz.. Rice 2 - 3 Tbsp. Green peas 2 Tbsp. Butter / Margarine 1 - 2 tsp. Orange, sections
<b>NO HONEY</b> <b>No Choking Hazards (See Below)</b>	<b>NO HONEY</b> <b>No Choking Hazards (See Below)</b>	<b>AVOID</b> <b>Choking Hazards (see below)</b>

**CHOKING HAZARDS:** nuts; seeds (e.g. sunflower); popcorn; raw carrots, celery or green beans; hard candy; hot dogs; thickly spread peanut butter; whole grapes or tomatoes, large chunks of food.

In the past, it was advised to avoid nuts and peanuts in all children. Recent evidence shows that introducing peanuts and nuts **before 1 year old** is the best way to **avoid** nut allergies. Use Nut Butter or finely chopped nuts

If food allergies run in family, or if your child has shown signs of food allergies, you may be advised to avoid certain foods. Please discuss with the doctor.