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|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Food Groups** | **0-1 Month** | **1-2 Months** | **2-3 Months** | **3-4 Months** | **4-5 Months** | **5-6 Months** | **6-7 Months** | **7-8 Months** | **8-9 Months** | **9-10 Months** | **10-11 Months** | **11-12 Months** |
| **Breast Milk** | On demand5-15 min each breasteach feeding | On demand5-8 x/day10-20 mineach breasteach feeding | On demand5-6 x/day10-20 min | On demand5-6 x/day10-20 min | On demand5-6 x/day10-20 min | 4-5 x/day10-20 min | 4 x/day 10-20 min | 4 x/day 10-20 min | 3-4 x/day 10-20 min | 3-4 x/day 10-20 min | 3-4 x/day 10-20 min | 3-4 x/day 10-20 min |
| **Iron-fortified formulas** | 16-26 oz TOTAL6-8 x/day | 24-32 oz TOTAL5-7 x/day | 24-32 oz TOTAL5-6 x/day | 24-32 oz TOTAL5-6 x/day | 24-32 oz TOTAL4-5 x/day | 24-32 oz TOTAL4-5 x/day | 24-32 oz TOTAL3-4 x/day | 24-32 oz TOTAL3-4 x/day | 24-32 oz TOTAL3-4 x/day | 20-26 oz TOTAL3-4 x/day | 20-26 oz TOTAL3-4 x/day | 20-26 oz TOTAL3-4 x/day |
| **Water** |  |  |  |  |  |  | May offer 2x/day4-5oz | May offer 2x/day4-5oz | May offer 2x/day or with meals4-5oz or more | May offer 2x/day or with meals4-5oz or more | May offer 2x/day or with meals4-5oz or more | May offer 2x/day or with meals4-5oz or more |
| **Dry infant cereals (Oatmeal fortified with iron)** |  |  |  |  | 2-3 Tbsp total dailyBy spoon1-2 x/day**Amounts** | 4-6 Tbsp total dailyBy spoon1-2 x/day**indicated** | 4-6 Tbsp total dailyBy spoon1 x/day**are for dry** | 4-8 Tbsp total dailyBy spoon1 x/day**cereal** | 4-8 Tbsp total dailyBy spoon1 x/day**before**  | 4-8 Tbsp total dailyBy spoon**liquid is**  | 4-8 Tbsp total dailyBy spoon**added** | 4-8 Tbsp total dailyBy spoon |
| **Vegetables, home prepared or commercial** |  |  |  |  | 2-4 TbspTotal daily | 4-8 TbspTotal daily | 8 TbspTotal daily | 8 TbspTotal daily | 8-12 TbspTotal daily | 16 TbspTotal daily | 16 TbspTotal daily | 16 TbspTotal daily |
| **Fruits, home prepared or commercial** |  |  |  |  |  | 4 TbspTotal daily | 8 TbspTotal daily | 8 TbspTotal daily | 8-12 TbspTotal daily | 8-16 TbspTotal daily | 8-16 TbspTotal daily | 16 TbspTotal daily |
| **Meat, home prepared or commercial** |  |  |  |  |  | 2-4 TbspTotal daily | 4 TbspTotal daily | 4 TbspTotal daily | 4-8 TbspTotal daily | 4-8 TbspTotal daily | 7 TbspTotal daily | 7 TbspTotal daily |
| **Egg**  |  |  |  |  |  |  | 1 egg yolk 3/week | 1 egg yolk 3/week | 1 egg yolk 3/week | 1 egg 3-4x/week | 1 egg 3-4x/week | 1 egg 3-4x/week |
| **Dairy products other than whole milk** |  |  |  |  |  |  |  |  |  | May offer 1-2 daily**Such as yogurt** | May offer 1-2 daily**cheese, and**  | May offer 1-2 daily**cottage cheese** |
| **Peanut butter** |  |  |  |  |  |  | Introduce | 3x/week | 3x/week | 3x/week | 3x/week | 3x/week |

Plain foods are recommended (no added salt).

Fruit desserts contain unneeded sugar.

More than one new food every 3 days may make it difficult to sort out the cause of a food allergy (i.e. vomiting, diarrhea, or rash)

NO JUICE.

Can introduce finger foods at 6 months of age (diced, chopped, soft foods like bananas, avocados, etc).

Fresh is best, but canned foods are fine if rinsed first.

**4 Tbsp**: one small jar of strained, pureed baby food

**7 Tbsp**: 2nd stage jar (thickened pureed food)

**11 Tbsp**: 3rd stage jar (soft chunks)

**4 Tbsp**: one jar of strained meat