

# *The First Twelve Months*



*Birth*

*4 Months*

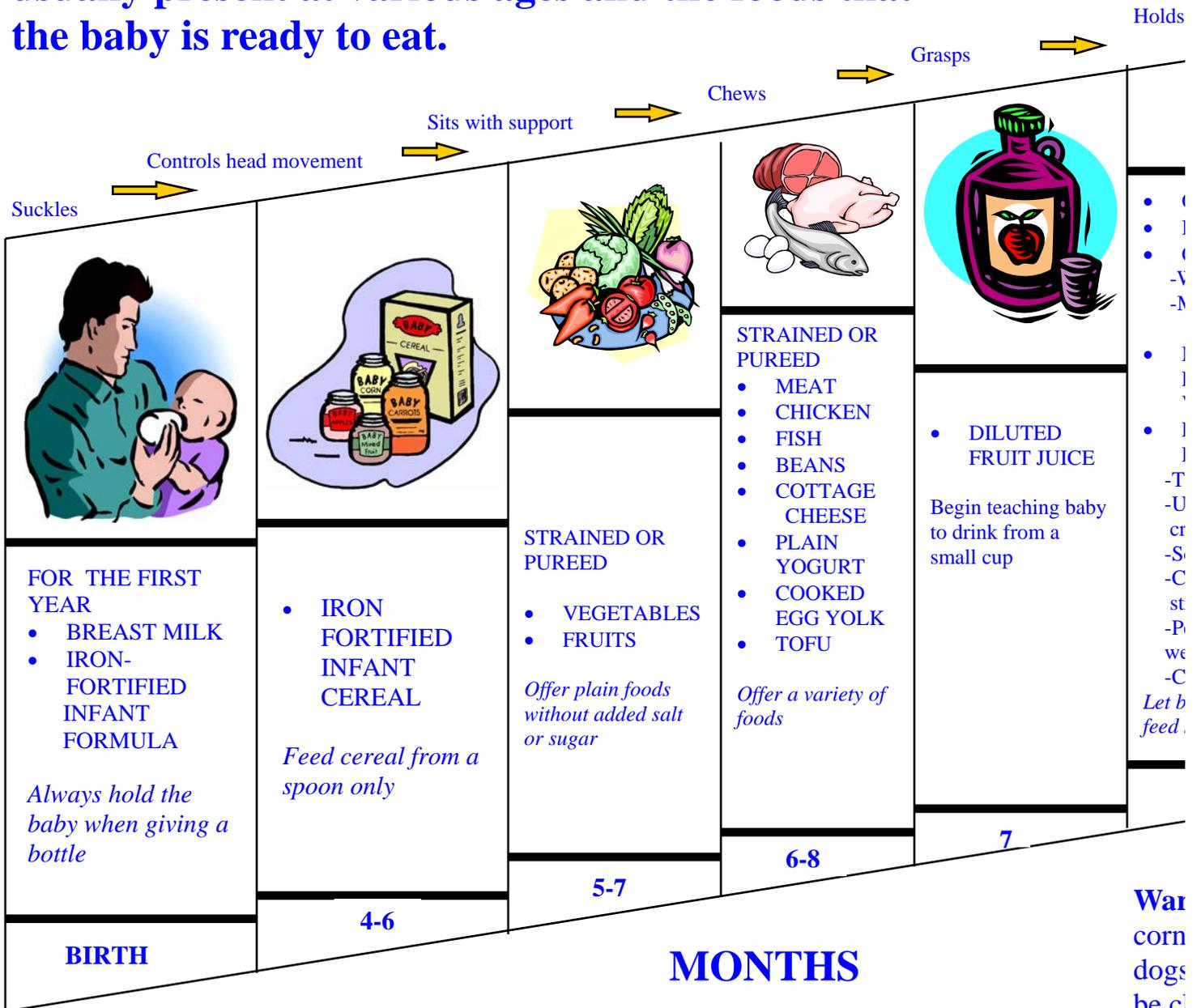
*8 Months*

*12 Months*

**A GUIDE TO INFANT FEEDING**

# FOOD FOR BABY'S FIRST YEAR

The foods that a baby can eat depend on the baby's developmental readiness and nutritional needs. This guide describes the skills that are usually present at various ages and the foods that the baby is ready to eat.

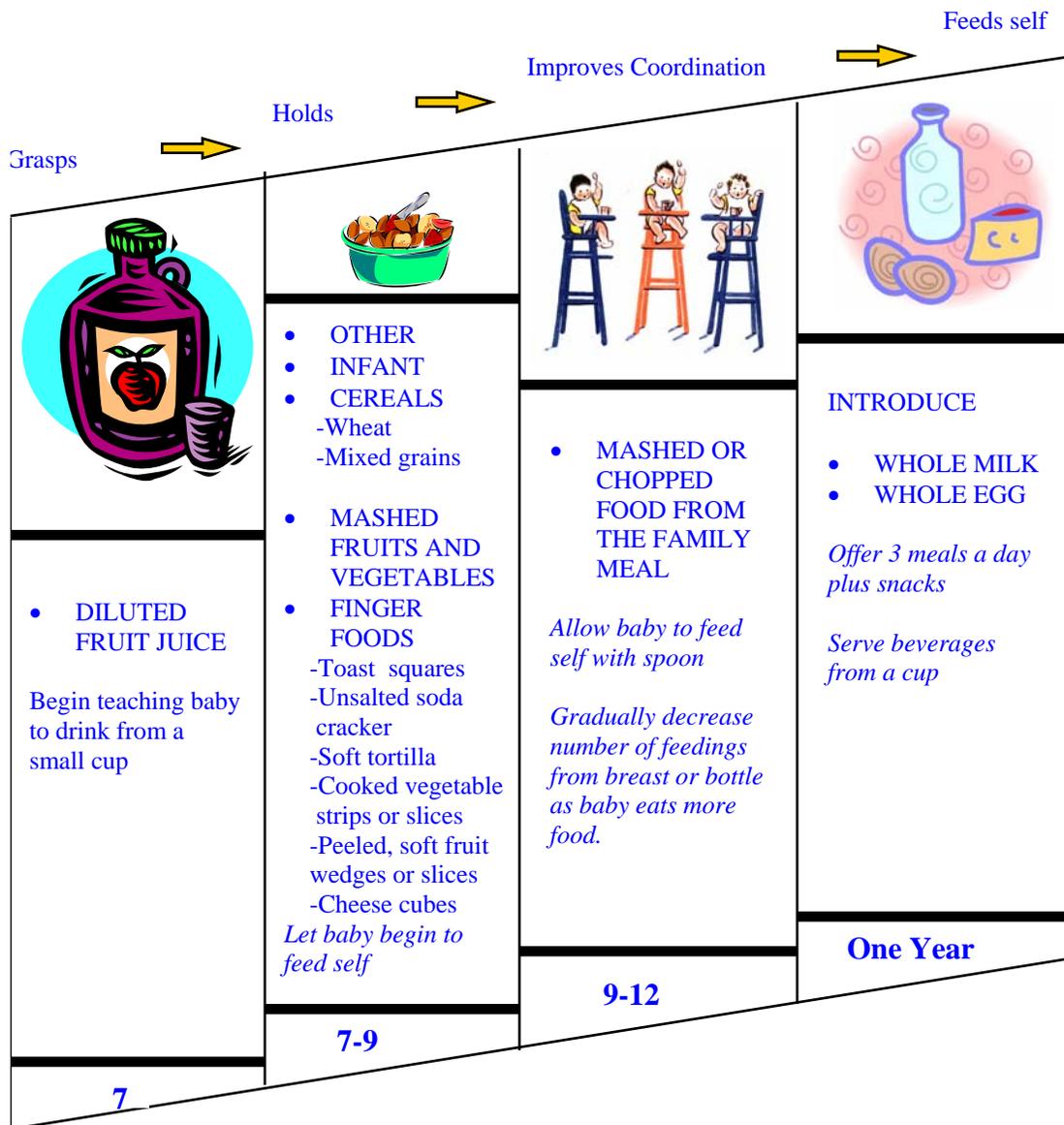


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**Warning:** Babies can easily choke on nuts, seeds, popcorn, raw vegetables, peanut butter, meat sticks and hot dogs. **Do not give** these foods. Young children should be closely watched when they are eating.



Feeding time is a learning time for your baby. Be patient and attentive to your baby's needs.



Sweeteners such as honey or corn syrups may contain spores which can cause infant botulism. Infant botulism is a food poisoning which can lead to death. Do not give these sweeteners to babies.



Bottles are for plain water, formula, or breast milk.

Do not give Kool Aid®, sweetened drinks, sodas, Jello® or sugar water.



Never force your baby to finish a bottle. Throw away any formula left in the bottle. Offer small portions of food.

Your baby is the best judge of how much to eat. Throw away left-overs.



Start one new food at a time. Wait about 5 days before giving the next new food.



This gives your baby time to adjust to each new food. If the baby is sensitive to specific food, it is easier to determine which food may have caused the reaction.



Possible allergic symptoms include:

- skin rash
- gas
- respiratory problems
- diarrhea

Foods that commonly cause allergic reactions include: cow milk, citrus juice, citrus fruit, egg whites, wheat products.



Buy plain one-item foods, avoid combination dinners

Strained beef

strained beef and vegetables



There is as much protein in one jar of strained beef as in two and one-third jars of strained beef and vegetables.



Offer fruit for dessert. Babies do not need baby desserts such as puddings, custards, and cobblers.



Place the amount of food your baby will eat in a small dish. Feed with a small spoon. Throw away food left over in the feeding dish. Food left over in the jar should be tightly sealed and stored in the refrigerator.