

Client Name _____ Date _____

RDN/NDTR _____

Email _____ Phone _____

Full-Term Infants Nutrition

Foods Recommended

- Breast milk
- Iron-fortified infant formula
- The following foods should be introduced between 4 and 6 months of age, when your baby shows signs of being ready:
 - Iron-fortified infant cereals
 - Pureed meats, beans, and legumes
 - Vegetables and fruits, once meats and cereals are accepted
 - Single-ingredient commercial baby foods

Introduce one single-ingredient food at a time. Wait 3 to 5 days before introducing another new food, to make sure your baby doesn't have an unhealthy reaction to a food.

Typical Portion Sizes and Daily Intake for Infants

Age (months)	Food (Portion Size)	Feedings Per Day
0-4	Breast milk or infant formula (2-4 ounces)	8-12
4-6	Breast milk or infant formula (6-8 ounces) Infant cereal (1-2 Tablespoons)	4-6 1-2
6-8	Breast milk or infant formula (6-8 ounces) Infant cereal (2-4 Tablespoons) Crackers (2), bread (½ slice) Fruit or vegetable (2-3 Tablespoons) Meat (1-2 Tablespoons) or beans (1-2 Tablespoons)	3-5 2 1 1-2 1-2
8-12	Breast milk or infant formula (6-8 ounces) Cheese (½ ounces) or yogurt (½ cup) Infant cereal (2-4 Tablespoons), bread (½ slice), crackers (2), or pasta (3-4 Tablespoons) Fruit or vegetable (3-4 Tablespoons) Meat (3-4 Tablespoons) or beans (¼ cup)	3-4 1 2 2-3 2

Foods Not Recommended

The following foods are not recommended for infants because of the risk of choking:

- Popcorn
- Peanuts
- Raisins, whole grapes
- Uncut, stringy meats
- Hot dog pieces
- Hard, raw fruits or vegetables such as apples, green beans
- Sticky foods such as peanut butter, which can get stuck in the back of mouth
- Any other pieces of food that the infant cannot chew because he or she does not have advanced chewing skills yet. Unchewed food can block the airway, because babies cannot cough and clear their throats on their own.

Milks other than those just for infants—such as cow's, goat, rice, or soy milk—are not appropriate before 1 year of age.

Honey should not be given because of the risk of botulism spores.

Juice should not be given before 12 months of age. When introduced, juice (100% only) should be given in a cup, not a bottle, and limited to 4 ounces per day.

Sugar-containing foods and drinks and foods with added salt are not recommended for infants.

In store-bought baby foods, avoid fillers such as modified food starch or tapioca. Baby food desserts are not recommended because they have added sugar.

Vegetarian 9-Month-Old Infant Sample 1-Day Menu

Breakfast	2 tablespoons banana 4 tablespoons iron-fortified infant rice cereal 4-6 ounces breast milk or soy formula
Morning Snack	1/2 ounces whole-wheat crackers 2-3 tablespoons hummus 2 ounces water
Lunch	2-3 tablespoons cooked green beans 2-3 tablespoons cooked split peas 2 tablespoons soft, chopped peaches 4-6 ounces breast milk or soy formula
Afternoon Snack	1/2 slice dry toast 2 tablespoons mashed avocado 4-6 ounces breast milk or soy formula
Evening Meal	2-3 tablespoons mashed black beans 2-3 tablespoons mashed sweet potatoes 2-3 tablespoons peas 4-6 ounces breast milk or soy formula
Evening Snack	2 tablespoons pears, soft and chopped 4-6 ounces breast milk or soy formula

Full-Term Infants Nutrition Sample 1-Day Menu

Breakfast	4 tablespoons iron-fortified infant rice cereal 2 tablespoons banana
Morning Snack	½ ounce whole wheat crackers 2-3 tablespoons yogurt
Lunch	2-3 tablespoons cooked green beans 2 tablespoons soft, chopped pears 2-3 tablespoons pasta, chopped 1 ounce finely chopped chicken
Afternoon Snack	½ slice dry toast 2 tablespoons cottage cheese
Evening Meal	2-3 tablespoons mashed sweet potato 2-3 tablespoons peas
Evening Snack	2 tablespoons peaches, soft chopped