

BLUE FISH

P E D I A T R I C S

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Feeding Schedule

Remember this is simply a guideline. Each baby is a unique child and may require a different plan!

	Breast milk or Formula	Cereal, bread, and starches	Fruits and vegetables	Meats and protein foods
Birth to 4 Mos.	Yes All formulas should be iron fortified!! Very important for brain development.	None	None	None
4 to 6 Months	Yes	Offer baby cereal with breast milk or formula mixed in → Make sure the cereals are iron enriched. Begin with ½ teaspoon of cereal mixed with 1 oz of formula. Gradually increase feedings until the baby takes 2 tablespoons 3x/day. Rice cereal is a good starting point. Avoid using wheat cereal until >6months old. Do not add honey.	Offer vegetables . Cook and mash them or use baby food from jars. Then offer soft, mashed fruits . Start with ½ tablespoon at first then gradually increase.	Offer soft, finely cut, or pureed meats, cheeses, and casseroles.
6 to 8 Months	Yes Begin using a cup in addition to the bottle. Can decrease to 3-5 bottles/day as baby foods are increased.	Continue baby cereal. Offer other soft breads, cereals, and starches.	Continue to offer vegetables . Cook and mash them or use baby food from jars. Then offer soft, mashed fruits . Start with ½ tablespoon at first then gradually increase.	Continue to offer soft, finely cut, or pureed meats, cheeses, and casseroles.
8 to 10 Months	Yes	Continue baby cereals and other breads, cereals, and starches.	Soft fruits and vegetables. Give a dark green or yellow fruit/vegetable at least 3x/week.	Continue to offer soft, finely cut, or pureed meats, cheeses, and casseroles.
10 to 12 Months	Yes	Give 4 servings daily of breads, cereals, and starches. Keep giving baby cereal. One serving is 1 to 2 tablespoons.	Give 3 to 4 servings daily. One serving is 1 to 2 tablespoons of fruits or vegetables.	Give 2 servings daily. One serving is 1 to 2 oz total of meat, fish, eggs, cheese, or other protein foods.

Start feeding solids 1x/day and over a few days or weeks increase to 3x/day.

AT ONE YEAR, you should switch from formula and breast milk to **whole milk**. Do not feed skim, 1%, or 2% milk, as the fat in the milk is important for the development of the brain. **STOP USING ALL BOTTLES AND PACIFIERS AT THIS POINT** to avoid increased risk of tooth decay and displacement of teeth.