

Airplane Choo Choo



*Every baby is unique; don't worry if your baby eats a little more or less than this guide suggests. Keep in mind that the suggested serving sizes are only guidelines to help you get started.**

Typical Portion Sizes and Daily Servings for Children 0-24 months^{1,2}

Age (months)	Food Group	Foods Options (Portion Size)	Servings Per Day	Not Recommended
0-6 months² 0 6	Milk	Breast milk (preferred) or iron-fortified formula should be your baby's sole source of nutrition for the first six months of life. ² Work with your pediatrician to track feeding patterns to ensure she is eating enough for growth.		Food or beverage other than breast milk or formula
6-8 months 6 8	Milk	Breast milk (preferred) or iron-fortified formula should be a major source of nutrition during this period of your baby's life. ² Work with your pediatrician to track feeding patterns to ensure she is eating enough for growth.		Cow's milk or milk alternative, sports, energy or soft drinks
	Grain	Iron-fortified infant cereal (2-4 Tbsp.) Crackers (2) or bread (1/2 slice)	2 servings 1 serving	Popcorn, wheat cereals or other grains
	Fruit or Vegetables	Strained fruit or vegetables (2-3 Tbsp.) 100% fruit juice (0-3 oz.)	1-2 servings 1 serving	Raisins, whole grapes, dried, hard, raw fruits (e.g., apples) Dried, hard, raw vegetables (e.g., green beans)
	Meat	Strained meat (1-2 Tbsp.) Beans (1-2 Tbsp.)	1-2 servings	Uncut stringy meats, hot dog pieces or peanuts/peanut butter
8-12 months 8 12	Milk	Breast milk (preferred) or iron-fortified formula should be a major source of nutrition during this period of your baby's life. ² Work with your pediatrician to track feeding patterns to ensure she is eating enough for growth. Yogurt (1/2 c.)	 1 serving	 Cow's milk or milk alternative, sports, energy or soft drinks, tea, lemonade, caffeinated beverages
	Grain	Iron-fortified infant cereal (2-4 Tbsp.), bread (1/2 slice), crackers (2) or pasta (2-4 Tbsp.)	2 servings	Popcorn or foods with more than 6g of sugar/serving, baked goods
	Fruit or Vegetables	Strained, mashed/finely cut (3-4 Tbsp.) 100% fruit juice (3 oz.)	2-3 servings 1 serving	Raisins, whole grapes, dried, hard, raw fruits or vegetables (e.g., apples, green beans)
	Meat	Soft, pureed, ground or finely chopped meat (3-4 Tbsp.) or beans (1/4 c.)	2 servings	Uncut stringy meats, hot dog pieces or peanuts/peanut butter
12-24 months 12 24	Milk	Whole plain milk ^a (1/2 c.), cheese (1/2 oz.) or yogurt (1/2 c.)	6 servings	Non-fat and sweetened flavored milk
	Grain	Bread (1/4-1/2 slice), bagel/bun (1/4-1/2), ready-to-eat cereal (1/3-1/2 c.), cooked cereal (1/4-1/2 c.), or rice/pasta (1/4-1/3 c.)	6 servings	Fried pastries and cereal mixes
	Fruit	Whole fruit (1/2 small), cooked, canned (in own juice) or chopped (1/4-1/3 c.), or berries (1/3-1/2 c.) 100% fruit juice (1/4-1/3 c.)	2-3 servings	Difficult to chew whole fresh fruits, especially those with peels; dried fruits
	Vegetables	Cooked, canned or fresh chopped (1/4-1/3 c.) 100% vegetable juice (1/4-1/3 c.)	2-3 servings	Difficult to chew fresh vegetables, especially those with peels
	Meat	Beef, pork, poultry or fish (1-3 Tbsp.), beans or chopped nuts (2-4 Tbsp.), or egg (1 small)	2 servings	Undercooked meat served in chunks larger than 1/4-inch pieces; whole nuts

*Consult your pediatrician for specific questions on feeding your child (timing, amounts, etc.).

^aAfter 24 months: low-fat milk (1%) can be considered if growth and weight appropriate.



Airplane Choo Choo FEEDING TIPS FOR 0-6 MONTHS

The American Academy of Pediatrics recommends exclusive breastfeeding for approximately the first six months of life and continuation after complementary foods have been introduced for at least the first year of life and beyond, as long as mutually desired by mother and child.^{3, 10} If breastfeeding is not an option, iron-fortified formula will meet the needs of full-term healthy babies for the first 6 months of life.³



Breast Feeding Tips*

- Plan to begin nursing your newborn within the first hour of birth.³
- Work with your pediatrician to track your baby's feeding patterns to ensure she is eating enough for growth. Exclusively breast fed infants must be supplemented with iron and Vitamin D.³

Storage Tips

- When away from your baby continue to pump at regular feeding times and refrigerate the milk.²
- Refrigerated milk should be used within 3 days of collection. If milk will not be fed within 72 hours freeze it.³
- Breast milk can be frozen for 3-6 months. Thaw frozen milk under warm running water.³
- Thawed breast milk can be stored in a refrigerator, but must be used within 24 hours or discarded.¹¹

Formula Feeding Tips*

- Iron-fortified formula is the most appropriate substitute feeding for full-term healthy infants during the first year of life, who are not breast-fed.³
- Work with your pediatrician to track your baby's feeding patterns to ensure she is eating enough for growth.
- Your baby knows when she is full; there is no need to force your baby to finish her bottle.⁹

Storage Tips

- Always refrigerate prepared formula in bottles.³
- Refrigerated formula must be used within 24 hours.³
- Never heat the bottle in the microwave. The milk can become too hot, even if it only feels warm to the touch. Warm bottles under warm running water.³

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Airplane Choo Choo FEEDING TIPS FOR 6-8 MONTHS

Complementary foods can be introduced at approximately 6 months of age.³ To provide the most adequate nutrition, continue to feed your baby breast milk or iron-fortified formula while introducing complementary foods. The time that your infant is 6-8 months of age is a critical window for initiating complementary foods because of the developmental processes occurring during this time.³



Each baby's readiness for food depends on her rate of development, but generally your baby is ready for food when...^{1,2,6}

- She has the strength and stability to sit upright with little or no support.³
- She has the oral motor skills to handle non-liquid foods.³
- She shows interest in food by bringing objects to her mouth.³
- She can grasp objects to support self-feeding.³

Feeding Tips*

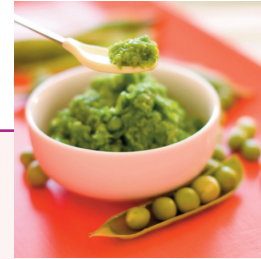
- Introduce one "single-ingredient" new food at a time.³
- Offer a variety of different foods. Rest assured that it may take several attempts for your baby to accept a new food.³
- Do not use your microwave to heat up your baby's food. It can become too hot.³
- Continue to feed your baby breast milk or formula through the first year of life.³
- Do not feed your baby fruit juice in a bottle or put your baby to bed with a bottle because it may cause tooth decay.¹
- If you plan on making your own baby food, be aware that home-prepared spinach, beets, green beans, squash, and carrots are not good choices because they may contain large amounts of nitrates (chemicals that can cause an unusual type of anemia in young babies). It is safer to purchase these vegetables commercially prepared because manufacturers test for nitrates.⁴
- Use a baby-size spoon to feed your baby. Never put cereal in a bottle, it may cause your baby to choke.⁴
- You can start feeding your baby in a high chair, but make sure it can't tip over. Be sure to secure your baby with the safety straps.⁴



*Consult your pediatrician for specific questions on feeding your child (timing, amounts, etc.).



Your baby is ready to try a variety of baby cereals and strained fruits and vegetables. You may introduce 100% fruit juice in a cup, but should not exceed 4-6 ounces a day. Do not worry if your baby cannot hold the cup, she will get the hang of it. Cup skills improve between 7 and 8 months of age.³



Introducing Baby Cereal*

The American Academy of Pediatrics recommends introducing iron- and zinc-fortified infant cereals as your baby's first food.³

- Feed your baby iron- and zinc-fortified baby cereals, not adult cereals.³
- Use only single ingredient baby cereals like rice, barley or oatmeal.¹ Wait 3-5 days before introducing another cereal to watch for an unhealthy reaction.³
- Mix cereal with breast milk or formula to help your baby learn how to move solid food to the back of her mouth. Once your baby can do this you can make the cereal thicker.⁴
- Be patient! Your baby may refuse to eat cereal at first because she needs to learn to swallow solids. Wait a few days and try again.⁴

Introducing Fruits and Vegetables*

The American Academy of Pediatrics recommends offering a variety of colorful fruits and vegetables.¹⁰

- Although many pediatricians recommend offering vegetables before fruits there is no scientific evidence that it will change your baby's preference. Babies are born with a preference for sweets and it is not affected by order of introduction.⁴
- Introduce only one new strained fruit or vegetable to your baby at a time. Wait 3-5 days to watch for an unhealthy reaction.³
- Offer your baby small amounts of strained fruits or vegetables each day. Work up to 2-3 Tbsp. of either food.¹
- Limit your baby to 4-6 ounces of 100% fruit juice a day.³



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Airplane Choo Choo FEEDING TIPS FOR 8-12 MONTHS

Now is a good time to start feeding your baby “finger foods.”³ Finger foods are preferred after 9 months of age because they are small and bite-sized. They work well to help your baby learn how to feed herself instead of being spoon-fed because effective handling of a spoon does not develop until after 12 months of age.³ Respect the pace of your baby’s development to new taste and texture. Encourage her to experience the feel, the smell and taste of new foods to improve their development.³ The American Academy of Pediatrics encourages the consumption of meats, vegetables high in iron and cereals that are iron- and zinc-fortified.³ If you haven’t already, begin to introduce meats to your baby during these months because it is a good source of iron and zinc.



Introducing Meats*

- Meats offer easily absorbed iron and zinc that are important for your baby’s growth.³ Offer meats or protein alternatives daily. If you choose to feed your baby a vegetarian diet, talk to your pediatrician about how to meet recommended iron and zinc intakes.³
- Feed your baby strained meats or make your own soft/pureed meats in the blender or food grinder.¹
- Only introduce single-ingredient soft/pureed meats like chicken, turkey, beef or pork. Wait 3-5 days and watch for an unhealthy reaction.³
- Offer your baby 3-4 Tbsp. of meat 2 times a day.¹

Feeding Tips*

- When your baby can sit up and bring her hands to her mouth, give your baby soft, easy to swallow foods or give a baby-size spoon and let her try to feed herself.³
- Be patient. Babies will make a mess when they feed themselves because between 7-12 months of age your baby will become capable of grasping food with her hands and using a spoon to eat.³
- Always check warmed foods before serving them to your baby to make sure they are not too hot.³
- Avoid feeding your baby food that requires chewing.³

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Airplane Choo Choo FEEDING TIPS FOR 12-24 MONTHS

Your baby is a toddler; she is eating foods with high nutrient content (fruits, vegetables, whole grains, lean meats and dairy) because a variety of healthy food promotes good nutrition.³ Your baby grew very fast during the first year and needed to eat more food. After the first year, growth begins to taper off so her appetite can decrease and her food intake may appear irregular and unpredictable.³



Introducing Milk*

- Serve your toddler whole milk. Most toddlers need the extra calories from the fat to make sure they have enough energy and nutrients for growth and development.⁵
- During the second year of life, low-fat milk may be considered if growth and weight gain are appropriate, or especially if weight gain is excessive, family history is positive for obesity, dyslipidemia (high cholesterol) or cardiovascular disease.³ Consult your pediatrician.
- Encourage your toddler to drink milk from a sippy-cup instead of a bottle to help with cup drinking skills.³
- If your toddler cannot tolerate cow's milk, talk to your pediatrician about alternatives.³

Feeding Tips*

- Toddlers can be picky eaters, so offer small portions and never force her to clean her plate.³
- Be patient if your toddler goes on "food jags." Keep trying to offer small amounts of other foods, but never force your toddler to eat them.^{3, 7}
- Your toddler has the skills to participate in family meals.³
- You may have to offer a new food many times before your child tries it. Respect your toddler's likes and dislikes.³
- Your toddler is ready to consume most of the same foods offered to the rest of the family.³
- Let your toddler sit at the table in a booster seat to feel like she is a part of the family.³
- Offer your toddler 3 regular meals and 2-3 snacks a day that are 2-3 hours before a meal.³

The following foods are hard for children to chew without a full set of teeth. They could cause your child to choke. Offer these foods **only** when the child can chew and swallow well. All finger foods should be small, bite-sized foods. Watch your child closely when she is eating them. Never leave your child alone while eating.³

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|----------------------------|------------------|
| ■ Hot dogs | ■ Nuts/seeds |
| ■ Chunks of meat or cheese | ■ Whole grapes |
| ■ Apple chunks or slices | ■ Popcorn |
| ■ Peanut butter | ■ Raw vegetables |
| ■ Hard candies | |

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Airplane Choo Choo Healthy Eating Behaviors

Feeding your baby is not always easy, but it is important to encourage healthy eating habits. As parents/caregivers, you are important role models. To help your child develop healthy eating habits now and in the future, strive to model healthy eating habits yourself.⁶ Many Americans over consume fat, sugar and calories, which may lead to increased risk of obesity and heart disease.⁶ By developing healthy eating habits early, your child can decrease her risk of developing these chronic diseases.⁶



Your Role in Feeding*

- Provide a variety of healthy food options for your baby with every meal or snack.³
- Determine where you will eat. Encourage family meals at home.³

Your Baby's Role in Feeding*

- Determine how much and when she wants to eat. Your baby will eat when she is hungry and stop when she is full.³

Tips to Encourage Healthy Eating Habits

- Encourage a well-balanced meal that is appropriate for your baby's age. Offer foods with high nutrient content like; fruits, vegetables, whole grains, lean meats, and dairy.³
- Have regular family meals and encourage healthy eating habits by modeling good eating behaviors at each meal.⁴
- Encourage your child to try new foods by offering a variety of foods every day.³
- Offer meals and snacks around the same time every day to create a meal schedule.³
- Encourage your baby to have at least 60 minutes of active play throughout the day to promote an overall healthy lifestyle.⁵
- Refrain from offering sugar-sweetened beverages or foods high in sugar or salt.³
- Fat and calories are essential for children under 2 years of age for growth and should not be severely restricted, unless your child is overweight or obese.³
- It is important for children to be able to enjoy all foods. No food should be forced or forbidden. However, children should learn that it is OK for them to enjoy sweets or higher fat snacks on occasion.⁶
- Your child knows when she is full and what foods she prefers; forcing your child to eat may lead to your child ignoring her own feeding signals.³
- Turn off the TV when eating meals to help your child be more in tune with her body's feeding signals.³
- Offer your child appropriate portion sizes (see page 1 of this guide).

*Consult your pediatrician for specific questions on feeding your child (timing, amounts, etc.).



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