

Infant Feeding Guidelines – 9 to 12 Months

By the time you and your infant have worked through cereal, fruits, vegetables and meat or egg yolk, your baby may indicate he or she is ready to feed him or herself. You can begin offering formula or breast milk from the cup any time during the transitional period. Between 9 and 12 months, your baby should have the ability to sit in a high chair, eat family meals and drink from a cup. Satisfying your child's appetite at the table will decrease the need for nursing or a bottle at that feeding. Remember that all babies progress at different rates and in different styles through these feeding stages.

INTAKE FROM 9 TO 10 MONTHS

FINGER FOODS

Offer well-cooked, mashed, soft or bite sized pieces of chicken, turkey, ground beef, cottage cheese, casseroles, egg yolks, noodles, soft fruits or vegetables. Closely supervise what your infant eats.

THE CUP

Offer your baby a small unbreakable cup to play with for a few days. Then put an ounce of water, formula or breast milk in the cup and help your child drink from it. Many breast-fed babies learn to take a cup quickly. Avoid letting your infant carry around a cup full of juice between meals.

INTAKE FROM 11 TO 12 MONTHS

Babies may now eat most of their foods from the table.

FEEDING TIPS

- Remember to offer your child small servings of food, but offer a second serving if necessary. Large servings tend to discourage children.
- Children have high-energy needs, and they eat small amounts at meals. Children may need to eat every three to four hours.
- Schedule consistent meal and snack times for your infant and family.
- Avoid sweets and chips for snacks. Make more nutritious choices.
- If your child does not like a certain food continue to offer it occasionally. A child's taste for foods may change frequently.
- Introduce a new food along with a food the child likes.

DO NOT INTRODUCE THESE FOODS UNTIL DISCUSSED WITH YOUR CHILD'S PHYSICIAN

The following foods may cause allergic reactions in some cases:

- Chocolate

- Citrus juice
- Egg white
- Fish and seafood
- Honey
- Peanut butter and peanut products
- Strawberries
- Whole milk.

FOODS THAT ARE CHOKING HAZARDS AND SHOULD BE AVOIDED AT THIS TIME:

- Apple pieces
- Grapes
- Hot dogs
- Nuts
- Raisins
- Raw carrots
- Round, hard or sticky candies
- Seeds.

SAMPLE MENU OF FOOD INTAKE FROM 9 TO 12 MONTHS

Your baby may now eat most foods from the table. His or her diet may include:

- Six to eight tablespoons of dry cereal
- Three to five tablespoons of chopped meat or cheese
- Six to eight tablespoons of chopped vegetables
- Six to eight tablespoons of chopped fruit
- One to two slices of toast (five crackers equal one slice of toast)
- Two to four ounces of juice from a cup
- Twenty to 32 ounces of breast milk or formula.

SNACK SUGGESTIONS

- Crackers or toast
- Tender cooked vegetable strips (watch for choking)
- Sliced cheese
- Meat strips (tender)
- Fruit sections – peeled and chopped, select soft fruit such as peaches, pears, plums and bananas
- Canned fruits, drained and chopped into chunks
- Dry cereal (Cheerios® or Rice Chex®) – Avoid sugared cereals
- Cooked noodles.

Remember that eating a balanced diet helps to keep your baby healthy.