



Feeding in the First Year of Life

At Roseland Pediatrics we are committed to providing the highest quality and the most up to date health care for your child. The best way to nourish your newborn is breastfeeding. Breastfeeding is good for both you and your baby. Breast milk is the best source of nutrition for most babies. As your baby grows, your breast milk will change to meet his or her nutritional needs. Breastfeeding can also help protect you and your baby against some short- and long-term illnesses and diseases. All exclusively breastfed babies should start a Vitamin D supplement as early as the first well-care visit. If breast milk is not available, iron-fortified formula is a good alternative and our staff will help advise you on which formula is best for your baby.

The American Academy of Pediatrics (AAP) suggests that you can start your child on solids between 4 and 6 months, but the answer really depends on your baby. Some babies may be perfectly content waiting until 6 months, while others may be ready to start eating right at 4 months. The best way to know if your baby is ready is to look for these signs of eating readiness:

- They can sit upright and hold up their head.
- They are curious, looking at everything around them—especially what you're eating!
- They follow your fork with their heads and may open their mouths to try to take a bite.
- They lost the tongue thrust reflex that automatically pushes food out of their mouth.
- They still seem hungry after getting a full day's portion of milk (eight to 10 breastfeedings or about 32 ounces of formula).

When you first introduce solids, keep in mind that it is important to teach your baby to manage solid food and swallow, as well as acclimate them to a variety of tastes and textures. When you are ready to introduce solids, think of solid foods as a "bonus" food as the bulk of their calories and nutrients will still be coming from breast milk or formula. Caregivers should practice responsive feeding and listen to an infant's cue for hunger and fullness to determine how much to feed them. As a general rule for liquids:

- Up to 9 months, feed your baby 20 to 28 ounces of formula daily or breast milk every 3 to 4 hours.
- From 9 to 12 months, feed them 16 to 24 ounces of formula daily or breast milk every 4 to 5 hours.
- You may offer your baby a sippy cup of water with meals at 6 months. This will help them develop a habit for drinking water with meals and may make the food easier to digest.

As a general rule for solids:

- At 4 to 6 months, feed your baby two meals, each approximately 2 to 4 tablespoons.
- At 7 to 12 months, feed them three meals, each approximately the size of your baby's fist.

What food should we start with?

If you hear different answers to this question from different people, chances are there is no right answer! The AAP states that you do not have to give food in a particular order. Foods may be given as store bought baby food, homemade purees, no-cook purees or baby-led weaning (introducing larger soft pieces that a baby can self-feed). By the time he or she is 7 or 8 months old, your child can eat a variety of foods from different food groups. These foods include infant cereals (iron-fortified oats, barley, multi-grain, rice), meat or other proteins, fruits, vegetables, grains, yogurts and cheeses, and more. Let your child try one single-ingredient food at a time at first. This helps you see if your child has any problems with that food, such as food allergies. Wait 2 to 3 days between each new food. Please notify our

office if your child exhibits signs of an allergy after introducing a new food which include rash, vomiting, swollen eyes/lips, eczema flare and more. Before you know it, your child will be on his or her way to eating and enjoying lots of new foods and once you have introduced a long list of foods you may begin mixing different flavors together. Note that some babies may need to be introduced to a new food 8-10 times before accepting a new flavor. We discourage giving juice until the toddler years, and at that time it is recommended to limit juice intake to 4-6 ounces/day and to only give 100% fruit juice (not sweetened). *Popular foods among babies: sweet potatoes, carrot, banana, apple, squash, peas, green beans, avocado.*

How do I introduce potentially allergic foods?

The most common childhood food allergens are cow's milk, egg, wheat, soy, peanuts, tree nuts, fish and shellfish. Unless your child has a severe case of eczema, a prior allergic reaction to food (especially egg) or a strong family history of anaphylactic food reactions, the new research shows that it is beneficial to introduce potentially allergenic foods when other foods are introduced. If your child is considered high risk, we will likely refer them to an Allergist for testing before introducing potential allergens. Cow's milk is gradually introduced in the first year through mom's breastmilk or via iron fortified milk-protein formulas. If an allergy is suspected (irritability, blood in stool, poor weight gain), please bring this to our attention as soon as you suspect this may be the case. (Of note: do not give milk and vitamins concomitantly as fluoride binds to calcium). Do not give cow's milk until the age of 1, however, yogurt, cheese and cottage cheese may be given prior. The highly allergenic foods should initially be given to your baby in small tastes at home, and the amount can gradually be increased in a developmentally appropriate manner if there are no signs of intolerance or allergic symptoms.

Peanuts: If your child has a history of egg-allergy, severe eczema or a strong family history of a peanut allergy, it may be recommended to test your child for a peanut allergy prior to introduction under medical guidance. If your child does not exhibit these characteristics, then **early** introduction of peanuts (through PB2 powder or blended peanut butter) may actually **prevent** a peanut allergy. Once your child tolerates peanuts, you should give it on a regular basis (weekly).

Eggs: Unless your child is considered high risk, it is recommended to introduce egg to your child (both yolk and white) as soon as 6 months while all other foods are being introduced. You can give cooked egg (boiled or scrambled) as well as egg baked into other products. It is not recommended to give raw or unpasteurized eggs. Once your child tolerates egg, you should give it on a regular basis (weekly).

Berries and citrus: Unless your child shows signs of allergies (consistent rashes), you may feed your child berries and citrus in moderation. Note that these foods may produce loose stools and that is why we recommend them in moderation.

How do I advance to finger foods?

As your baby masters purees, you can start to introducing foods with more texture. At around 9 months, babies should start to acclimate to pieces of food (If you took the baby led weaning approach, your baby has worked with pieces of food since early on). To prevent choking, make sure anything you give your baby is soft, easy to swallow, and cut into small pieces. Some examples include small pieces of banana, wafer-type cookies or crackers; scrambled eggs; well-cooked pasta; well-cooked, finely chopped chicken; and well-cooked, cut-up potatoes or peas. Do not give your baby any food that requires chewing at this age, or any food that can be a choking hazard. Foods to **avoid** include hot dogs, nuts and seeds, chunks of meat or cheese, whole grapes, popcorn, chunks of peanut butter, raw vegetables, etc.

HONEY SHOULD NEVER BE GIVEN PRIOR TO ONE YEAR OF AGE BECAUSE OF THE RARE, BUT DANGEROUS RISK OF BOTULISM.

Feeding after the first year of life

At one year, we hope your child has advanced to eating a “modified adult diet” and enjoying all the foods that you like to eat as a family. Feel free to season food to your families preference but don’t use a lot of salt (as salt isn’t healthy for anyone). At this time, you may transition to whole milk, and formula may be weaned. Breastfeeding after a year is more for comfort, and not necessarily for nutrition. Your child should drink between 8-16 ounces of whole milk/day. Drinking too much milk has been associated with iron deficiency anemia, and can prevent your child from eating other healthy foods if they are filling up on milk.

Avoiding common nutritional deficiencies

Sources of Calcium Dairy (milk, yogurt, cheese), Almonds, Pancake, oatmeal, pizza, soy milk, almond milk, broccoli, kale, spinach,

Sources of Iron (Pair with foods high in Vit C to increase absorption) Meat (Beef, lamb, pork, chicken, turkey, fish), Beans, Tofu, Enriched Cereal & Bread, Oats, Brown Rice, Raisin, Prunes, Nuts, Baked Potatoes with skin, Spinach, Kale, Broccoli

Sources of Vitamin D Vitamin D is considered the “sunshine vitamin” and is produced in the skin when exposed to 15 minutes of sunlight 2-3x/week. Nutritional sources include 100% fortified juice, salmon, swordfish, tuna, eggs, fortified yogurt, fortified milk, fortified cereal.

Resource List:

Books

Mommy Made and Daddy too! By Martha Kimmel

Raising a Happy Healthy Eater By Nimali Fernando MD

Websites

<https://www.yummytoddlerfood.com>

<https://www.cdc.gov/nutrition/infantandtoddlernutrition>

<https://www.aap.org/en/patient-care/healthy-active-living-for-families/infant-food-and-feeding>

<https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Starting-Solid-Foods.aspx>

<https://solidstarts.com>

Social Media

[@solidstarts](#)

[@kidfriendly.meals](#)

[@thekidnutritionist](#)

[@healthy.mom.healthy.kids](#)

[@babyledweanteam](#)

[@feedinglittles](#)

[@snackswithjax](#)

[@nourishedstarts](#)

[@happy_plate_club](#)

[@kids.eat.in.color](#)

Youtube

