

## INFANT NUTRITION

As you may already know, theories on infant nutrition have changed rather drastically over the last few years and for many scientifically proven reasons. We, as your baby's health care providers, have chosen to follow the guidelines set forth by the Committee on Infant Nutrition of the American Academy of Pediatrics.

Essentially, the recommendations are total formula or breast feeding for a period of at least 12 months with the institution of solids at 12-16 weeks of age or later.

The need for vitamin supplementation will be determined by whether your baby is breast fed or bottle fed. If you are nursing, your baby will be placed on vitamins to supplement Fluoride, Vitamin D and Iron. If you are formula feeding, the vitamins and Iron will be in the formula. Iron supplementation is suggested from birth and should be continued as daily maintenance supplement until at least 18 months of age.

We understand that as new parents you'll be given all kinds of well-meaning advice with regard to your baby's diet. Remember that total infant nutrition with just formula or breast milk for the "beginning" months of life until 3 or 4 months of age is thought to be best.

The following diagram will assist you with your baby's feeding schedule. Please remember to be <u>flexible</u>. Most babies take a period of "getting-used-to" solids, so don't be discouraged if your baby's appetite varies. By 4 months of age, babies can turn their head to signal they are full, so use your judgement and follow your baby's signals as to amount. In short, be patient when introducing solids into your baby's diet.

## Suggested Infant Feeding Schedule

	USUAL AGE OF INTRODUCTION	A.M.	NOON OR MIDDAY	P.M.	AMOUNT DAILY
CEREAL	3 - 7 months	Cereal	-	Cereal	8 - 10 TBSP
FRUIT	5 - 8 months	Fruit/Cereal	-	Fruit/Cereal	1 - 2 Jars
VEG.	6 - 9 months	Fruit/Cereal	Veg./Fruit	Veg./Fruit/Cereal	1 - 2 Jars
MEAT	9 - 10 months	Fruit/Cereal	Meat/Veg./Fruit	Meat/Veg./Fruit	1 - 2 Jars
JUICE	9 - 10 months	Juice	-	-	2 - 4 Ounces
	13 - 17 months >>>>>>>> TOTAL TABLE FOOD <<<<<<				







