

Nurturing Our Families with Food Feeding Infants

Children are important in Indian families. Children represent the future. Choices for your children in every part of their life, including what they eat, should be thought out. We want them to grow and be strong in mind, body, and spirit.

Feeding infants in a positive way teaches them to make good food choices in the future.

0-4 months

- Offer only breast milk or iron-fortified infant formula.
 - Watch for signs from infant of hunger and fullness.
 - Hold infants while feeding.
 - Do not put infants to bed with a bottle.

4-6 months

- Offer only breast milk or iron-fortified infant formula.
- Offer iron-fortified infant cereal.
 - Start with rice cereal first.
 - Feed cereal from a spoon and in a high chair.

6-9 months

- Offer only breast milk or iron-fortified infant formula.
- Offer iron-fortified infant cereal.
- Offer strained baby food vegetables, fruit, and meat.
 - Start with single ingredient foods first.
- Offer 100% juice fortified with vitamin C in a cup.

10-12 months

- Offer only breast milk or iron-fortified infant formula.
- Offer only iron-fortified infant cereal.
- Offer finger foods such as dry cereal, crackers, and cooked pasta.
- Offer chopped or soft-cooked table foods such as canned fruits and vegetables, small pieces of cheese, and tender-cooked meats.
 - Prevent choking by avoiding round foods (whole grapes, hot dogs, candies), popcorn, raw vegetables, nuts, etc.

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