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South Dakota
DEPARTMENT OF HEALTH

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STEPS TO INFANT FEEDING

INFANT 5-8 MONTHS

A baby's growth from five to eight months will allow for many changes in food intake. Breast—milk or iron fortified formula still needs to be the main part of a baby's diet. Solids will be started at this time.

STARTING SOLIDS

Solids do not help young infants to sleep through the night. Starting solids too soon can:

- cause choking
- be hard for baby to digest
- cause food allergies
- prevent baby from getting enough
- breastmilk or formula

BABIES ARE READY FOR SOLIDS WHEN THEY CAN:

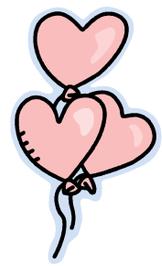
- Hold his/her neck steady
- Sit without support
- Open mouth when food is offered
- Draw in lower lip when spoon is removed from mouth
- Keep food in mouth and swallow it
- Reaches for food showing they want some

When feeding solids, remember:

- Have baby sitting up
- Make sure the food is not too hot
- Feed all food from a spoon
- Add only one new food at a time every 3 to 4 days
- Homemade or purchased baby foods can be used
- When opening jar food, listen for the pop. Don't use if the lid does not pop.
- Maintain regular snack and meal times
- Use small portions of food. Throw away leftovers, do not put back in the jar. Saliva mixed with the food will make the food spoil
- Baby does not need salt, grease, fat, sugar or honey added to foods.
- Baby's tastes are not the same as yours. Taste some formula, you'll get the idea!

Feeding Schedule: 5 – 8 Months

AGE	FOOD	DAILY AMOUNT
5-6 Months	**BREAST-MILK** OR Iron Fortified Formula	4 to 5 feedings, OR on demand OR 4 to 5 feedings of 6—8 ounces each
4-6 Months	Infant cereal	4-8 Tbsp., mixed
6 Months	Meat Fruits/Vegetables Infant Juice	1-2 Tbsp. 2-4 Tbsp., twice daily 2 to 4 oz. (1/4 to 1/2 cup) (From cup only)
7-8 Months	**BREAST-MILK** OR Iron Fortified Formula Infant Cereal Infant Juice Fruit Vegetable Meats Finger food	3-5 feedings, OR on demand OR 3—5 feedings of 6—8 oz. each 4-6 Tbsp. 2—4 Oz. , (from the cup only) 1-2 Tbsp. 5-7 Tbsp. 1-2 Tbsp. 1 small serving (toast, crackers, teething biscuits, plain dry WIC cereals, ie: Cheerios)



TO PROTECT TEETH AND BEGIN WEANING,
OFFER ALL JUICE FROM A CUP!

TO PREVENT CHOKING,
ALWAYS HOLD BABY WHEN FEEDING FROM A BOTTLE!

Suggestions When Using Solid Foods

CEREAL	MEAT
♥ Start with single grain cereals. Rice first, then oats and barley. ♥ Wait until baby is six months old to try other kinds of cereal. ♥ Start by making the cereal thin, mix 1 teaspoon of dry cereal with 2-3 tablespoons of breast—milk or iron fortified formula. ♥ As baby gets older, make it thicker, mix 1 tablespoon dry cereal mixed with 2—3 tablespoons of breast-milk or iron fortified formula.	♥ Use plain, strained meats when starting. If meat is too thick, thin with breast milk, formula, or meat juices. ♥ Avoid meat and vegetable combinations or high protein meat dinners. ♥ Can use cooked egg yolk, but wait with egg white until baby is one year old.
FRUITS AND VEGETABLES	**JUICE**
♥ Start with pureed fruits and vegetables. ♥ Start with single, plain choices without tapioca added. ♥ Don't use fruit desserts.	♥ Offer juice from the cup, not the bottle. ♥ Start with infant juice. Mix one ounce of water with one ounce of juice. Gradually cut back the water until giving straight juice. ♥ Start with single flavored juices. Wait until baby is older to give mixed juices. ♥ Use only 100% juice, not flavored fruit drinks such as kool-aid, punch, or pop.