

# Recommended Food Guide

Birth through 12 months



# Pediatric Associates, P.A.

Specializing in Infant, Children and Adolescent Medicine

www.Pediaff.com

Toms River  
732-341-0720

Lakewood  
732-364-7770







Manahawkin  
609-597-6200

Brick  
732-458-0010

Howell  
732-905-9166

River Ave  
732-367-3700

**Amounts listed on this chart are averages.**  
Don't worry if your baby eats more or less than these amounts.

FOODS	0 – 4 MONTHS	4 – 6 MONTHS	6 – 8 MONTHS	8 – 10 MONTHS	10 – 12 MONTHS
 <b>Mother's Milk or Iron Fortified Formula</b>	5 – 8 feedings 16 – 32 oz.	4 – 7 feedings 24 – 40 ounces	3 – 4 feedings 24 – 32 ounces	3 – 4 feedings 16 – 32 ounces	3 – 4 Feedings 16 – 24 ounces Offer formula from cup
 <b>Cereals &amp; Breads</b>	NONE	Boxed rice, oatmeal or barley cereal. Mix 2 – 3 tsp. with formula, water, breast milk or apple juice	All varieties of boxed infant cereal  Twice a day	Infant cereals, Cream of Wheat or other plain hot cereals with no added sugar or cinnamon. Toast, bagels or crackers.	Infant or cooked cereals. Unsweetened cereals, bread, rice, noodle & spaghetti
 <b>Fruit Juices</b>	NONE	NONE (Unless advised by your doctor)	<b>Optional</b> – Infant juice, vitamin C fortified adult apple juice, white grape juice, pear juice 2-4 oz. ½ strength. Max. 6 oz. per day. (Avoid orange & tomato juice)	<b>Optional</b> – All 100% juices ½ strength. Orange & tomato can be introduced at 9 mos. or later. Try juice from a cup. Max. 6 oz. per day	<b>Optional</b> All 100% juices ½ strength. Offer juice from a cup. Max. 6 oz. per day
 <b>Vegetables</b>	NONE	NONE	<u>At 5 Months</u> Strained or mashed vegetables, dark yellow or orange, avoid corn and dark green ½ - 1 jar or ¼ - ½ cup a day	Cooked, mashed family vegetables, Junior vegetables	Cooked vegetable pieces, some raw vegetables; tomatoes, cucumbers. No raw carrots or popcorn.
 <b>Fruits</b>	NONE	Fresh or cooked fruits; mashed bananas, applesauce, strained fruits 1 jar or ½ cup a day	Fresh or cooked fruits; mashed bananas, applesauce, strained fruits 1 jar or ½ cup a day	Peeled, soft fruit wedges; bananas, peaches, pears, oranges, apples	All fresh fruit peeled & seeded and canned fruit packed in water. Grapes must be peeled and cut
 <b>Protein Foods</b>	NONE	NONE	CONSULT DOCTOR	Lean meats, chicken (strained, chopped or small tender pieces), yogurt, mild cheese	Small, tender pieces of meat, fish or chicken, whole egg, cheese, yogurt, cooked dried beans. No franks.

**Honey** and products containing **honey** should never be given to a child under **one year** of age. **Peanut butter** and all products containing **peanuts** should not be given before **two years** of age. **Whole peanuts** and other **nuts** should not be given before **four years** of age.



Introduce eggs, milk & dairy products at 9 mos

Introduce fish at 11 months

