

## General Feeding Guidelines from Birth to 18 Years of Age

### Infants to 12 Months:

	Birth to 6 months	6-7 months	8-9 months	10-12 months
<b>Oral Feeding Skills Needed</b>	Suck-swallow-breathe coordination	1. Inconsistently opens mouth for spoon; attempt to close lips on spoon 2. More consistent mouth opening and lip closure on spoon	Pick up solids and bring to mouth; Attempts to bite pieces; Early up-down chewing (munch)	1. Efficient skills for spoon feeding; tongue mashing pieces 2. Improved chewing; moves food to side with tongue
<b>Appropriate Textures (examples)</b>	Thin liquids (human milk, formula)	1. Smooth, thin purees (infant cereal, Stage 1's, homemade blended foods) 2. Smooth, thicker purees (Stage 2's; increased volume and variety)	1. Fork-mashed solids (fresh banana, avocado, etc) 2. Easily dissolvable solids (puffs, graham crackers, dry cereal)	1. Textured purees (Stage 3's, yogurt with fruit pieces, cottage cheese) 2. Diced/chopped solids ½" or smaller (canned fruit, cooked veggies, soft cheese, deli meat, soft pasta)
Adapted from <i>Pediatric Nutrition 4<sup>th</sup> edition</i> . Samour and King. Table 5-12.				
<b>Human Milk</b>	<b>8-12 feedings per day</b> <i>with 6 or more wet diapers per day by 5-7 days of life</i>	<i>After solid food introduction, your baby should not be feeding any sooner than every 2-3 hours.</i>		
<b>Fortified Infant Formula</b>	<b>Birth:</b> 2-3 oz per feeding every 3-4 hours <b>By 1-2 months:</b> 4 oz per feeding every 4 hours	<b>4-5 feedings</b> 6-8 oz formula per feeding	<b>3-4 feedings</b> 7-8 oz formula per feeding	<b>3-4 feedings</b> 24-32 oz formula per day
<b>Grains</b>	None	<b>1-2 servings</b> 2-4 Tbsp infant cereal	<b>2 servings</b> 2-4 Tbsp infant cereal or ½ slice bread or 2 crackers or 3-4 Tbsp pasta	
<b>Fruits and Vegetables</b>	None	<b>1-2 servings</b> 2-3 Tbsp pureed fruits and/or vegetables	<b>2-3 servings</b> 3-4 Tbsp fruits and/or vegetables	
<b>Proteins</b>	None	<b>1-2 servings</b> 1-2 Tbsp pureed meat or legumes	<b>2 servings</b> 3-4 Tbsp meat or 4 Tbsp legumes or ½ oz cheese or ½ cup yogurt	

**General Guidelines:**

Feed your baby based on hunger cues, which include putting their hands or fingers on or in their mouth, making sucking motions, sticking out their tongue, smacking their lips, kicking or squirming, or rooting (moving their jaw and mouth or head in search of nipple). You will know that your baby is full when they turn their head away, become distracted, close their mouth tightly or even try to knock the bottle away with their fist.

Feedings should last no longer than 20 to 30 minutes.

Give your baby one new food at a time, and wait at least 2 to 3 days before starting another. After each new food, watch for any allergic reactions such as diarrhea, rash, or vomiting. If any of these occur, stop offering the new food and consult with your child's doctor.

Honey should not be given to children under the age of one year.

Start practicing with an open cup around 8-9 months old. Toddlers should be completely weaned off of a bottle by 18 months of age.

From the American Academy of Pediatrics (AAP) *"Fruit juice offers no nutritional benefit to children under age 1 and should not be included in their diet."*

From the AAP *"If you make your own baby food, be aware that home-prepared spinach, beets, green beans, squash, and carrots are not good choices during early infancy. They may contain large amounts of nitrates. Nitrates are chemicals that can cause an unusual type of anemia (low blood count) in young babies. Commercially prepared vegetables are safer because the manufacturers test for nitrates. Peas, corn, and sweet potatoes are better choices for home prepared baby foods."*

Children's WI Teaching Sheet:

#1593 "Feeding Your Baby For The First 12 Months"

**Toddlers to School-Age:**

Food Groups and Number of Daily Servings	Age 12 – 23 Months	Age 2 – 3 years (based on 1,000-1,400 cal/d)	Age 4 – 8 years (based on 1,200-2,000 cal/d)
<b>Milk and Milk products</b>	<b>2 cups/day</b> (Whole milk/milk products)	<b>2 – 2 ½ cups/day</b> (Transition to low-fat or fat-free milk & yogurt)	<b>2 ½ cups/day</b>
	<b>1 cup equivalent =</b> 1 cup of milk or yogurt, 1.5 oz of natural cheese, 2 oz of processed cheese		
<b>Proteins</b> Vary your protein routine	<b>2 ounces/day</b>	<b>2 - 4 ounces/day</b>	<b>3 – 5 ½ ounces/day</b>
	<b>1 ounce equivalent =</b> 1 oz of meat, poultry or seafood, ¼ cup cooked legumes, 1 egg, 1 Tbsp nut/seed butter*, ½ ounce nuts or seeds*		
<b>Grains</b> Make half your grains whole grains.	<b>3 ounces/day</b>	<b>3 - 5 ounces/day</b>	<b>4 - 6 ounces/day</b>
	<b>1 ounce equivalent =</b> 1 slice bread, ½ cup cooked rice, pasta, or cereal, 1 oz dry cereal		
<b>Fruits</b> Focus on whole fruits	<b>1 cup/day</b>	<b>1 - 1 ½ cup/day</b>	<b>1 ½ - 2 cups/day</b>
	<b>1 cup equivalent =</b> 1 cup of fruit or 100% fruit juice, ½ cup of dried fruit		
<b>Vegetables</b> Vary your veggies	<b>1 cup/day</b>	<b>1 - 1½ cup/day</b>	<b>1 ½ - 2 ½ cups/day</b>
	<b>1 cup equivalent =</b> 1 cup of raw or cooked vegetables or vegetable juice, 2 cups of raw leafy greens		
After the age of 2 years, limit sodium, added sugars and saturated fats			

\*May be a choking hazard for children under the age of 4

**General Guidelines for Juice:**

Encourage children to consume whole fruits instead of fruit juice. If fruit juice is consumed, ensure that it is 100% fruit juice and limit to no more than the following volumes per day based on the child's age:

- 4 ounces for 1-3 year olds
- 4-6 ounces for 4-6 year olds
- 8 ounces for 7-18 year olds

Consumption of unpasteurized juice products is strongly discouraged for children of all ages.

Children's WI Teaching Sheet: #1590 "Feeding Your Toddler"

**School Age Children to Adolescents:**

Food Groups and Number of Daily Servings	Age 9 – 18 years (based on 1,600-3,000 cal/d)
<b>Milk and Milk products</b> Move to low-fat or fat-free milk or yogurt	<b>3 cups/day</b>
	<b>1 cup equivalent =</b> 1 cup of milk or yogurt, 1.5 oz of natural cheese, 2 oz of processed cheese
<b>Proteins</b> Vary your protein routine	<b>5 – 7 ounces</b>
	<b>1 ounce equivalent =</b> 1 oz of meat, poultry or seafood, ¼ cup cooked legumes, 1 egg, 1 Tbsp nut/seed butter, ½ ounce nuts or seeds
<b>Grains</b> Make half your grains whole grains.	<b>5 – 10 ounces</b>
	<b>1 ounce equivalent =</b> 1 slice bread, ½ cup cooked rice, pasta, or cereal, 1 oz dry cereal
<b>Fruits</b> Focus on whole fruits	<b>1 ½ – 2 ½ cups</b>
	<b>1 cup equivalent =</b> 1 cup of fruit or 100% fruit juice, ½ cup of dried fruit
<b>Vegetables</b> Vary your veggies	<b>2 – 4 cups</b>
	<b>1 cup equivalent =</b> 1 cup of raw or cooked vegetables or vegetable juice, 2 cups of raw leafy greens
Limit sodium, added sugars and saturated fats	

## Children's WI Teaching Sheet: #1596 "Feeding Your School Age Child"

## Disclosure:

The above are *guidelines* for healthy children. If a child is consuming per the above recommendations, it does **not** guarantee that they are meeting all of their macro- and micro-nutrient needs.

## References:

American Academy of Pediatrics website HealthyChildren.org. Last updated 05/22/2017  
 Pediatric Nutrition Care Manual. Nutrition in Full-Term Infants. Accessed 04/19/2016  
 USDA website ChooseMyPlate.gov. Accessed 07/29/2020