



# Centre Medical and Surgical Associates, P.C.

YOUR HEALTH CARE PROVIDER FOR LIFE

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## Feeding Guidelines for Late Infancy (6-12 months)

In this second 6 months, the introduction of solids begins. The most important aspect about this is to realize that the most important nutrition for your baby still comes from the breast milk or formula and these should not be decreased to allow more solid foods. The best nutrition and calories come from breast milk or formula and these should be maximized. Solids are just for getting used to texture as opposed to nutritionally important.

### 6-9 MONTHS

Start with cereal once/day. Use infant rice cereal to start, you may also use infant oatmeal or barley. This can be mixed with pumped breast milk, formula or water. Give this on a spoon, not in the child's bottle, unless specified by your pediatrician. Use cereal alone until your baby seems to be handling it well and swallowing.

Begin adding fruits and vegetables once your child is tolerating the cereal well. We suggest that you add one new food every 3 days. Adding too many new foods at once can be hard on baby's stomachs and makes it difficult to know what the problem food is if your baby has any reactions. You can increase to solids twice/day if desired and it doesn't decrease nursing or bottle feeding. Once you have a good variety of cereals/fruits/vegetables, it is possible to give meats or other starches if pureed. Baby foods are often labeled stage 1, 2, 3. This refers to the thickness of the food, so babies can increase to stages 2 and 3 as they are able.

- **Acceptable foods** - breastmilk or formula, cereal, fruits, vegetables, meats, other starches
- **Unacceptable foods** - milk/milk products, eggs, citrus fruits, strawberries, peanut products, honey

### 9-12 MONTHS

This period of time is when the transition begins towards a toddler diet. Breast milk and/or formula should continue until 12 months when your child can be transitioned to cow's milk (unless allergic). Sometime during this period you can increase to 3 meals/day. As we expand your baby's food choices, please remember to advance slowly when introducing new classes.

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# Feeding Guidelines for Late Infancy

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of food (e.g. milk products, eggs, etc.). This is also the time period to start allowing your child to work on their "pincer grasp" (thumb and first finger) to pick up food and feed themselves. Cheerios are a good and safe choice for this.

- **Milk products** - items such as cheese, yogurt and ice cream may be tried
- **Eggs** - with eggs the white part is the most allergenic, so most recommend just trying the yolk first. If that is well tolerated the white may be tried as well.
- **Table food** - this can be introduced slowly making sure to avoid choking hazards or peanut products

## COMMON CHOKING HAZARDS

Grapes, popcorn, hot dogs, or solid pieces of cheese

## SUPPLEMENTS

Breast-fed infants should begin supplementation with iron along with vitamin D starting at 6 months of age. This addresses the ongoing need for vitamin D to prevent rickets and the supplemental iron is key to prevent anemia in young children. There is iron in breast milk which is very well absorbed, but the levels are not sufficient for the increasing amount of red blood cells produced through the second half of the first year. Iron supplementation is important for normal growth and development in breast-fed infants. It is recommended that nursing moms continue on pre-natal vitamins or other sources of iron and that breast-fed infants receive extra supplementation starting at six months. This can be done either through oral supplements or through giving infants iron fortified cereal (at least ½ ounce per day). The vitamins and iron supplements are also available with fluoride for those who don't have it in their water.

Formula-fed infants require no supplementation other than fluoride if it is not in their water supply.