# The First Year: What to Feed Your Baby

## Body Development

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Development Details</th>
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</thead>
</table>
| 0 to 4 months old | * Exhibits rooting reflex*  
|             | * Needs head support*  
|             | (some head support may start to appear) |
| 4 to 6 months old | * Holds neck steady*  
|             | * Sits with support*  
|             | * On tummy, pushes on arms with straight elbows* |
| 6 to 8 months old | * Reaches and grasps for objects*  
|             | * Experiments with mouth movements* |
| 8 to 10 months old | * Sits alone without support*  
|             | * Picks up objects with thumb and finger*  
|             | * Leans toward spoon*  
|             | * Sucks from a cup* |
| 10 to 12 months old | * Learns to crawl*  
|             | * May pull self to stand* |

## Feeding Development

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| 0 to 4 months old | * Tongue moves forward and back to suck*  
|             | * Cries or fusses to show hunger*  
|             | * Smiles, gazes at caregiver or coos during feeding to indicate desire to continue*  
|             | * Spits out nipple or falls asleep when full* |
| 4 to 6 months old | * Draws in lower lip as spoon is removed from mouth*  
|             | * Moves head forward to reach spoon when hungry*  
|             | * Sometimes swipes food toward mouth when hungry*  
|             | * Turns head away from spoon when full* |
| 6 to 8 months old | * Reaches for spoon or food when hungry*  
|             | * Points to food when hungry*  
|             | * Slows down in eating when full*  
|             | * Clerches mouth shut or pushes food away when full* |
| 8 to 10 months old | * Reaches for food when hungry*  
|             | * Points to food when hungry*  
|             | * Shows excitement when food is presented when hungry*  
|             | * Pushes food away when full*  
|             | * Slows down in eating when full* |
| 10 to 12 months old | * Holds a cup with help*  
|             | * Experiments with self-feeding*  
|             | * Reaches for food when hungry*  
|             | * Points to food when hungry*  
|             | * Shows excitement when food is presented when hungry*  
|             | * Pushes food away when full*  
|             | * Slows down in eating when full* |

## Foods (quantity per day)

<table>
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<tr>
<th>Age Range</th>
<th>Foods</th>
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| 0 to 4 months old | * Breastmilk, 8 to 12 feedings*  
|             | * Iron-fortified formula (16-32 oz.), 8 to 12 feedings* |
| 4 to 6 months old | * Breastmilk, 4 to 6 feedings*  
|             | * Iron-fortified formula (24-40 oz.), 4 to 6 feedings* |
| 6 to 8 months old | * Breastmilk, 3 to 5 feedings*  
|             | * Iron-fortified formula (24-32 oz.), 3 to 5 feedings*  
|             | * Infant cereal, 1-4 Tbsp. twice per day*  
|             | * Fresh/cooked pureed fruits, mashed bananas, applesauce, 1/2 cup per day*  
|             | * Strained or mashed vegetables, dark yellow, orange or green (avoid corn), 1/2 cup per day*  
|             | * Puréed meats, 1-2 servings per day* |
| 8 to 10 months old | * Breastmilk, on demand*  
|             | * Iron-fortified formula (16-32 oz.), 3 to 4 feedings*  
|             | * Infant cereals, cream of wheat, other plain hot cereals, toast, bagel, crackers, 2-3 servings per day*  
|             | * Puddled (soft fruit wedges), bananas, peaches, pears, oranges, apples, 1-2 servings per day*  
|             | * Cooked and mashed fresh or frozen vegetables, 1-2 servings per day*  
|             | * Lean meat, chicken or fish (strained, chopped or small tender pieces), egg yolk, cooked dried beans, 3-4 servings per day* |
| 10 to 12 months old | * Breastmilk, on demand*  
|             | * Iron-fortified formula (16-24 oz.), 3 to 4 feedings*  
|             | * Unsweetened hot or cold cereals, bread, rice, noodles, 4 servings per day*  
|             | * All fresh fruits (peeled and seeded), canned fruits (packed in water or fruit juice), 2 servings per day*  
|             | * Cooked vegetables pieces, 2 servings per day*  
|             | * Small tender pieces of meat, chicken or fish (1-2 oz.), egg yolk, yogurt, cheese, cooked dried beans, 3-4 servings per day* |

* One serving size is considered to be 1 tablespoon.