



- Good nutrition is necessary for healthy brain development
- Children need to sit when they eat to avoid choking
- Children under the age of three should not be on a low-fat diet
- Infants and toddlers need to eat more often than adults

Inside this brochure you will find information about nutrition and feeding your child from birth to age three

Nutrition is important in all stages of your child's development:

- 0 - 6 months
- 6 - 8 months
- 8 - 12 months
- 12 - 36 months

Good Nutrition **MAKES GREAT BABIES**

Researched and Developed by members of



Volunteers of America®

GREATER BATON ROUGE

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A Guide to
Your Child's
Nutrition



AGE	FOOD GROUP	DAILY SERVINGS	KINDS OF FOOD	AMOUNT/SERVING	FOOD FACTS
0 - 6 months	Milk	6 -12, on demand	Breast milk OR formula	2-6 oz.	<p>BREASTFEEDING</p> <ul style="list-style-type: none"> Provides the ideal nutrients needed for optimal growth and development Reduces the risk of infections, allergies disease, and obesity Promotes healthy neurologic development Promotes bonding between mother and child <p>FORMULA FEEDING</p> <ul style="list-style-type: none"> Accepted as nutritionally adequate Bottles and nipples need to be sanitized Should be iron-fortified <p>BREAST FEEDING AND FORMULA FEEDING</p> <p>Feed on demand: Hunger cues include rooting, sucking and hand/head movements; Satiety cues include decreased sucking, turning away, spitting out the nipple, and falling asleep</p>
6 - 8 months	Milk	4 - 8	Breast milk OR formula	4 - 8 oz.	<p>INTRODUCE SOLID FOODS</p> <ul style="list-style-type: none"> Start with plain iron-fortified rice cereal twice a day Start at 4-6 months, preferably 6 months After cereal move to jar foods labeled ‘Stage 1’ <p>FOOD FOR THOUGHT</p> <ul style="list-style-type: none"> Honey should never be given before the age of one Never let an infant go to sleep with a bottle Children should be weaned from the bottle around age one
	Grain	2	Baby cereal (iron-fortified)	2 - 3 tbsp.	
	Fruit-vegetable	2 - 3	Strained or mashed fruits or vegetables	2 - 4 tbsp.	
8 - 12 months	Milk	4 - 6 offer offer	Breast milk, formula Small pieces of cheese Plain yogurt, cottage cheese	4 - 8 oz. 1/2 oz. 1/4 - 1/2 cup	<p>CHOKING HAZARD</p> <p>Foods which are unsafe for children due to the risk of choking include:</p> <ul style="list-style-type: none"> Hot dogs (unless diced very small) Whole grapes (unless peeled and cut into small pieces) Thick peanut butter Popcorn Raisins Nuts and seeds Hard candy Raw carrots and celery (unless finely chopped) Chips and pretzels Tough pieces of meat, meat with bones
	Grain	2	Baby cereal (iron-fortified) Small pieces of bread OR small pieces of crackers	2 - 4 tbsp. 1/2 2 crackers	
	Fruit-vegetable	2 - 3	Finely chopped fruits or vegetables	3 - 4 tbsp.	
	Meat	2	Strained or finely chopped chicken, beef, pork OR cooked or dried beans or egg yolks	3 - 4 tbsp.	
12 - 36 months	Milk	3 - 4	Whole milk Cheese Yogurt, cottage cheese	4 - 6 oz. 1/2 oz. 1/4 - 1/2 cup	<p>SNACKS</p> <p>Snacks should be nutritious - toddlers need 1-2 snacks a day</p> <p>Suggested snacks include:</p> <ul style="list-style-type: none"> Cheese cubes, cottage cheese Unsweetened cereals Applesauce Whole wheat crackers, graham crackers Soft, raw fruits and vegetables (finely chopped) Yogurt, pudding
	Grain	2	Cereal, pasta, or rice Whole grain bread, bagel, bun, muffin Crackers	1/4 cup 1/2 2 crackers	
	Fruit-vegetable	2 - 3	All fruits and vegetables 100% fruit juice in a sippy cup	1/4 - 1/2 cup No more than 4 - 6 oz.	
	Meat	2	Fish, chicken, turkey, beef, pork Cooked, dried beans or peas Whole egg	1 oz. 1/4 cup 1/2 - 1	

