

## 0 MONTHS

- Breast milk or formula are sole source of nutrition; feed on-demand
- 400 IU vitamin D is recommended for all breast fed infants within the first days of life

## 6 MONTHS

- Introduce solid foods one at a time when baby shows signs of readiness
- Monitor for food intolerances
- Breast milk or formula remain baby's main source of nutrition through 12 months

## 8-10 MONTHS

- May begin introducing soft, chopped finger foods

## 12 MONTHS

- At 1 year, you may begin serving cow's milk to baby

## BREAST MILK OR FORMULA

- Should be baby's only source of nutrition for the first 6 months
- Continues to be baby's main source of nutrition through the first 12 months
- Pay attention to baby's hunger and fullness cues and feed baby on-demand (when baby shows signs of hunger)
- DO NOT serve cow's milk or any other milk substitute before age 1
  - » Breast milk and formula have the necessary nutrients infants need
  - » Any other options should be discussed with your pediatrician



# Nutrition FOR INFANTS 0-12 MONTHS

## QUESTIONS?

Please visit the Harmons Grocery website for your dietitian's contact information  
**[harmonsgrocery.com/dietitians-choice](https://www.harmonsgrocery.com/dietitians-choice)**  
or email the dietitian team at  
**[dietitian@harmonsgrocery.com](mailto:dietitian@harmonsgrocery.com)**

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HARMONS  
DIETITIANS**



## STARTING SOLIDS

### Introducing Solid Foods

- At 6 months, check for signs your baby is ready to eat
- Start with iron-fortified cereal or smooth, strained pureed meat, vegetable, or fruit
- Within a few months of introducing foods, your baby should be eating a variety of foods each day
  - » Foods may include breast milk and/or formula, meats, cereal, vegetables, fruits, eggs, fish, beans, and lentils
- Baby should sit in their high chair and eat at the table with the rest of the family

## SIGNS OF HUNGER

|                                      |
|--------------------------------------|
| Puts hands or fingers on or in mouth |
| Smacks their lips                    |
| Sticks out their tongue              |
| Makes sucking motions                |
| Turns head from side to side         |
| Kicks or squirms                     |
| Fussing or crying (late sign)        |

### Signs that Baby is Ready for Solid Foods

- Holds head up
- Sits in a high chair without help
- Opens mouth when food is offered
- Moves food to back of throat (instead of spitting it all out)
- Shows interest in eating

Starting solid foods before baby demonstrates signs of readiness can be dangerous for baby and may also increase risk of obesity

### Food Intolerances:

- Offer new foods one at a time
- Wait 2-3 days before introducing a new food while watching for signs of intolerance

## SIGNS OF FOOD INTOLERANCE

|           |          |
|-----------|----------|
| Skin Rash | Vomiting |
| Diarrhea  | Wheezing |

**Call your pediatrician if your toddler displays any of these signs.**



## SIGNS OF FULLNESS

|                                  |
|----------------------------------|
| Moves away from breast or bottle |
| Opens their fists                |
| Relaxes their body               |
| Falls asleep                     |

## AVOID THESE FOODS:

|                                                |                                              |
|------------------------------------------------|----------------------------------------------|
| Hot dogs                                       | Chips                                        |
| Nuts                                           | Raisins                                      |
| Popcorn                                        | Whole grapes                                 |
| Spoonfuls of peanut butter                     | Any foods that might cause baby to choke     |
| Honey (until 1 year)                           | Cow's milk (until 1 year)                    |
| Sweetened beverages (including soda and juice) | Foods with added salt, sugar, and seasonings |

### Introducing Finger Foods

- At 8-10 months, check for signs that baby is ready for finger foods
  - » Baby begins to pick up objects and bring them to their mouth
  - » Begin introducing soft, chopped finger foods such as cooked pasta, banana, avocado, meats, crackers, or scrambled eggs

## BEVERAGES:

- No additional beverages (including water, juice, soda, etc.) are needed during the first year
  - » The water contained in breast milk or formula are adequate for baby
  - » Additional beverages can displace important calories and nutrients in breast milk or formula

### Sources:

[www.healthychildren.org](http://www.healthychildren.org)

Samour PQ, King K. Pediatric Nutrition. 4th ed. Sudbury, MA: Jones & Bartlett Learning; 2012.

