



MID-JERSEY PEDIATRICS

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INFANT FEEDING INSTRUCTIONS

We recommend starting solid foods when your infant is 4 to 6 months of age. The foods he/she may have are listed below. Please don't feed your infant any food that has not been suggested by the doctor. Foods are introduced in order from least to best tolerated.

How To Introduce New Foods:

- 1) Introduce one new food every four to five days, looking for reactions such as vomiting, diarrhea, constipation, gas pains or colic.
- 2) Start with one teaspoonful of the new food in the morning and one in the evening.
- 3) Increase the feeding amount by one teaspoonful every day.
- 4) Feedings may be increased daily, until you reach your infant's desired amount, or to the maximum.
- 5) Maximum amounts are as follows:
 CEREAL: 2-3 tablespoons per feeding
 FRUIT: 2 ounces per feeding
 VEGETABLES: 2 ounces daily (when introduced)
 MEATS: 2 ounces daily (when introduced).
 DAIRY & SOFT TABLE FOODS: as desired

Introduce the foods listed below:

CEREALS:	FRUITS:	VEGETABLES:	MEATS:	DAIRY/ SOFT TABLE FOODS:
<ul style="list-style-type: none"> ↑ Rice ↑ Oatmeal ↑ Barley ↑ Wheat ↑ Mixed Grain 	<ul style="list-style-type: none"> ↑ Applesauce ↑ Pears ↑ Over-ripe banana ↑ Peaches ↑ Apricots ↑ Plums ↑ Prunes ↑ Mixed Fruit 	<ul style="list-style-type: none"> ↑ Carrots ↑ Squash ↑ Sweet Potatoes ↑ Peas ↑ Green Beans ↑ Creamed Spinach ↑ Creamed Corn ↑ Beets ↑ Mixed/Garden Vegetables 	<ul style="list-style-type: none"> ↑ Chicken ↑ Turkey ↑ Veal ↑ Lamb ↑ Beef ↑ Ham 	<ul style="list-style-type: none"> ↑ Small curd cottage cheese ↑ Yogurt ↑ Vanilla Ice Cream ↑ Hard-boiled Egg Yolk ↑ Pastina ↑ Potatoes (mashed/baked) ↑ Soups (low-sodium) ↑ White American Cheese ↑ Whole egg (scrambled)