

6 months old

Child's name _____

Length _____ Weight _____ Date _____

Weight for Length percentile _____ %

Food for Thought

Any feeding concerns?

Is your baby having problems with any food?

How does your baby let you know if he or she is full?

Additional Feeding Tips ~

- Breastmilk and formula intake will decrease as your baby begins to eat more food. Let your baby decide how much food or breastmilk/formula is enough. Some days your baby will eat more than other days.
- Ask about Vitamin D supplementation, especially for breastfed infants. For more information talk to your doctor or healthcare professional.

Feeding Advice

Your Baby's Diet ~

- Continue breastmilk or iron-fortified formula, 30-32 ounces per day.
 - Cereal 2-4 tablespoons, twice per day.
 - Vegetables 1-2 tablespoons, twice per day.
 - Fruits 1-2 tablespoons, twice per day.
 - Between 7 and 9 months you may introduce strained meats.
- If juice is given, it should be 100% fruit juice and no more than 3 oz./day in a cup.
(Soft drinks, fruit punch and other sweetened drinks are not good for your baby.)

Solid Food Tips ~

Cereal – Use a single grain (rice, barley or oats) iron-fortified cereal.

Vegetables – After cereal, start with plain, strained vegetables (carrots, spinach, squash, peas, green beans). **DO NOT** start with mixed vegetables.

Fruit – Gradually introduce strained fruits (peaches, pears, bananas). **DO NOT** give fruit desserts.
Try one new food at a time and feed that food for 3-4 days to know if your baby can tolerate it.

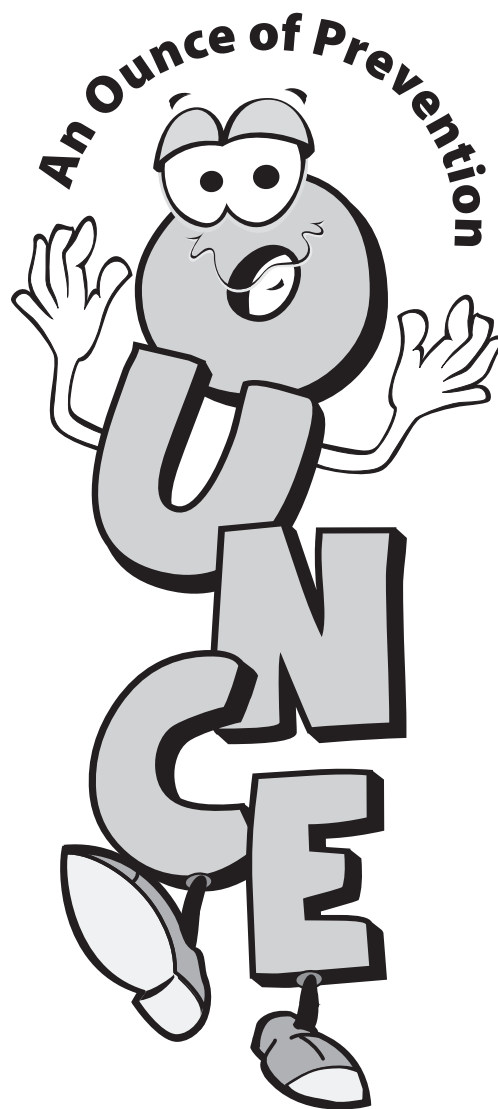
Feeding Tips ~

- Always start with vegetables first at every meal.
- Use a spoon and dish, never feed from the jar.
- Your baby may spit out food as a normal response, so offer new foods many times.
- Your baby does not need salt, sugar or margarine/butter added to foods.
- Meal times can be messy, have fun and enjoy family meals.
- Do not put your baby to bed with a bottle or prop up the bottle.

Be Active

- Encourage crawling, sitting alone and exploring.
- Screen time (TV, computer, electronic games) not recommended under age 2.

Notes:



is Worth a Pound



The Ounce of Prevention Program is a collaboration of the Ohio Department of Health, Healthy Ohio; the American Academy of Pediatrics—Ohio Chapter; Nationwide Children's Hospital; the American Dairy Association Mideast and the Ohio Dietetic Association.
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