



University of Georgia Cooperative Extension Service

FEEDING THE HEALTHY INFANT

To grow, a baby needs good nutrition and proper feeding. Here are some tips to help you feed the infant in your family:



- ✓ Breast milk and formula until age one.
- ✓ Breastfeeding is best! Breast milk has nutrients not found in cow's milk.
- ✓ Breast milk can be pumped into a bottle for later feeding.
- ✓ Water should not be offered to infants younger than six months
- ✓ Never give a bottle with the infant laying down
- ✓ No solids until 4-6 months of age.

To prevent tooth decay, don't let an infant sleep with the bottle in its mouth.

To make vitamin D, infants need at least 10-15 minutes of sunlight a day.

Solid foods are never as nutritious as breast milk or formula. Give plain baby foods not mixed dinners.

Don't restrict fat in the diets of infants. No skim or low fat milk until age 2.

Keep infants upright while feeding to prevent choking, ear infections, and discomfort while eating.



For the first few months, feed infants in a semi-upright position as if they were in a car seat or infant carrier.



Infants eating from a spoon should sit upright in a high chair. The persons offering the food should sit directly in front, making eye contact.

When the healthy infant is ready for solid food (able to sit in a high chair without support):

- ✓ Offer one new food at a time over 2-3 days. Look for signs of allergies.
- ✓ Start with rice cereal.
- ✓ Offer one or two meals per day (1-2 tablespoons per feeding).
- ✓ The infant may cry when hungry or reach for food.
- ✓ When full, the infant will stop eating. **DO NOT FORCE FEED!**

What are some foods that infants eat?

- ✓ Foods that do not require chewing (rice cereal, pureed fruits and vegetables, mashed potatoes)
- ✓ Soft table foods without salt
- ✓ Cheerios
- ✓ Cooked Cream of Wheat



Never feed an infant:

- ✓ popcorn, peanuts, raisins or grapes, uncut stringy meats, honey, gum or gummy candies, hard candy, hot dog pieces, hard raw fruit or vegetables

All large pieces of food should be cut into small pieces and mashed with a fork to avoid choking.

Publication # FDNS-E-89-30

Reviewed by Connie Crawley, October, 2011

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