

How to Feed Your Baby Step by Step

This is a general guide for feeding your baby. Don't worry if your baby eats a little more or a little less than this guide suggests.

Age	Food	Number of Times per Day	Suggested Serving Size	Feeding Tips
0 to 4 months	Breast Milk	On demand	Nurse 5 to 10 minutes per breast	<ul style="list-style-type: none"> 6 to 8 wet diapers a day good sign your baby is getting enough.
	Formula 0 to 1 month 1 to 2 months 2 to 3 months 3 to 4 months	6 to 8 times 5 to 7 times 4 to 8 times 4 to 6 times	2 to 4 oz 3 to 5 oz 4 to 7 oz 5 to 8 oz	<ul style="list-style-type: none"> Always hold baby and the bottle to feed. Don't microwave bottles. Don't force your baby to eat a lot.
4 to 6 months	Breast Milk or Formula	4 to 6 times	6 to 8 oz.	<ul style="list-style-type: none"> Don't prop the bottle. Use a pacifier if baby wants to suck.
	Baby Cereal	1 to 2 times	1 to 2 tbsp.	<ul style="list-style-type: none"> If baby is taking over 32 oz., start cereal. Start with rice cereal. Don't put cereal in bottle.
6 to 8 months	Breast Milk	3 to 5 times	6 to 8 oz.	<ul style="list-style-type: none"> Give breast milk or formula before giving solids. Don't heat in microwave. Keep solids refrigerated. Start one fruit or vegetable at a time. Only strained foods. No food in chunks.
	Formula	3 to 5 times	6 to 8 oz.	
	Baby Cereal	1 to 2 times	2 to 4 tbsp.	
8 to 12 months	Fruits & Veggies (strained)	2 to 4 times	2 to 3 tbsp.	<ul style="list-style-type: none"> Try using a cup. Baby can hold bottle but don't give a bottle in bed. Start soft finger foods Be patient. Feed in high chair. Feed only foods that will dissolve in mouth. Juice does not replace milk. Give juice in cup. No hotdogs or pieces of meat that need chewing.
	Breast Milk	3 to 4 times	6 to 8 oz.	
	Formula	3 to 4 times	6 to 8 oz.	
	Other Dairy Foods yogurt cottage cheese	3 to 4 times Offer	6 to 8 oz. ¼ to ½ cup	
	Grains baby cereal crackers/bread dry cereal	Offer 1 to 2 times 1 to 2 times	1 to 2 tbsp. 2 to 4 tbsp. Small amt.	
	Fruits & Veggies (strained or mashed)	3 to 4 times	3 to 4 tbsp.	
	Fruit Juice (not orange)	1 time	4 oz. in cup	
Meat (strained chicken, beef, dried beans)	1 to 2 times	3 to 4 tbsp.		

After your baby's first birthday:

- You may give whole milk instead of formula.
- Continue to have meals in high chair or at the table.
- DO NOT allow your child to walk around and eat small amounts of food frequently (grazing).
- Give your child snacks at the table. Snacks are important for your child's increasing energy needs.

Written by Robert Brayden, MD, Associate Professor of Pediatrics, University of Colorado School of Medicine.