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# Healthy Eating for Your Infant

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Karen Bergs R.D.

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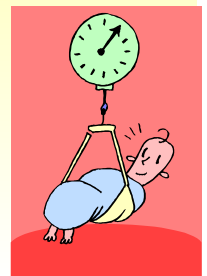
## Facts About Breast-feeding...

Choosing to breast-feed provides a good start for you and your infant. Breast-feeding for even a few weeks provides a head start for your infant and helps your body return back to normal quicker.

- Breast milk is made to be healthy for your baby.
- Breast milk will change according to your baby's needs.
- Babies that get breast milk can fight off illnesses and allergies better.
- Breast milk is easier for your baby to digest.
- Breast-feeding requires no preparation or clean-up.
- Breast-feeding allows you to bond with your baby.
- You can lose weight faster if you breast-feed.
- Breast-feeding is cheaper.
- Your baby won't eat too much when you breast-feed.

## How Much Weight Should my Baby Gain?

- ♥ Your baby's weight should double in four to six months. For example, if your baby weighed seven pounds at birth, he should weigh 14 pounds in four to six months.
- ♥ Make sure to visit your doctor. Your doctor will tell you if your baby is gaining enough weight.



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## Is My Baby Getting Enough?



- \* Unsure if your baby is getting enough to eat? Check out these clues:
  - \* Your baby is hungry every two to four hours during the first months.
  - \* Your baby has six or more wet diapers a day.
  - \* Your baby's weight is increasing.
  - \* Don't worry if your baby turns away after a few minutes. If you are breastfeeding make sure to offer your infant both breasts.
  - \* Sometimes a baby likes to suck after a breast is empty. This provides a feeling of safety and security and is not a sign that your baby is still hungry. Allow enough time for this bonding experience.
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## Is Bottle-feeding Okay?

- \* Have you decided not to breast-feed? Bottle-feeding your infant is also good for your baby.
- \* Make sure to mix the formula following the instructions on the package.
- \* Do not add more water than the directions call for.
- \* Wash your hands before mixing the formula.
- \* Always use bottles and nipples that have been washed in hot, soapy water and rinsed well.
- \* You can mix bottles ahead of time. Store them in the refrigerator for no longer than 24 to 48 hours.
- \* Throw away formula left in the bottle after your baby eats.
- \* Do not heat a bottle in the microwave.
- \* Test the formula on the inside of your arm before giving it to your baby.
- \* Hold your baby close to you while bottle-feeding.
- \* Do not let your baby sleep with a bottle!
- \* Wash the bottle with warm soap and water after feeding.



## When Should I Start Solids?

**5 to 7 months** – Iron fortified rice baby cereal.

**6 to 8 months** – Vegetables and fruits; pureed or mashed. Start with white fruits first.

**7 to 10 months** – Finger breads and cereal, lumpy fruits and vegetables, formula or breast milk from a cup.

**8 to 12 months** – soft cooked table food, ground or finely chopped meats.

Do not introduce new foods more often than one every two weeks. That way you can identify foods that may cause allergies or other problems.

## How Much Formula Does My Baby Need?

Age	Amount of formula per feed	Number of Feedings	Amount of Formula per day
Birth to 3 weeks	2-4 oz	Every 2-3 hours	16-24 oz
3 weeks to 2 months	4-6 oz	Every 3-4 hours	21-24 oz
2 to 6 months	5-8 oz	Every 3-4 hours	24-32 oz
6 to 9 months	6-9 oz	Every 4 hours	24-32 oz
9 to 12 months	7-9 oz	Every 4-6 hours	28-32 oz



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