

# Infant Feeding Guide

Age	Breast Milk <sup>1</sup>	Formula	Complementary Foods	Notes
<b>Preemies Post-NICU discharge to adjusted term age</b>	Every 2-3 hours or 10-12 feedings per day. Empty first breast before changing to the opposite breast to obtain higher calorie milk (Hindmilk) Feed on demand	Every 2-3 hours or 8-10 feedings per day. Feed on demand. 1-3 ounces per feeding.	<b>None</b>	<sup>ii</sup> Supplement vitamin D-3, 400 IU for all breast-fed infants, and formula-fed infants until receiving 400 IU from infant formula (>1 qt) <sup>iii</sup> Supplemental iron may be needed for preterm infants, SGA infants, infants of diabetic Mothers. <sup>iv</sup>
<b>0-1 months</b>	8-12 feedings per day. Feed on demand	8-10 feedings per day. Feed on demand every 3-4 hours. 2-3 ounces per feeding	<b>None</b>	See above for Vitamin D-3 and iron supplementation
<b>1-4 months</b>	6-10 feedings per day. Feed on demand	6-8 feedings per day. Feed on demand every 3-4 hours. 2-5 ounces per feeding.	<b>None</b>	See above for Vitamin D-3 and iron supplementation
<b>4-6 months</b>	Around 6-8 feedings per day. Feed on demand.	6-7 feedings per day. Feed on demand every 3-5 hours, 4-7 ounces per feeding.	<u>Dependent on infant developmental readiness:</u> <ul style="list-style-type: none"> <li>• good head control</li> <li>• sits with support</li> <li>• Opens mouth when food is offered</li> <li>• Able to move semi-solid foods from front of tongue to back of mouth</li> </ul> Introduce one new food every 3-5 days: infant cereals, single pureed vegetables, fruits, or pureed meats via spoon once a day	Breast feeding infants will need an external source of iron by 6 months of age: include iron-fortified cereal or pureed meat <sup>v</sup> (pureed meat is usually better tolerated if it is mixed with a pureed vegetable or fruit).
<b>6-9 months</b>	Around 5-7 feedings per day. Feed on demand	4-6 feedings daily, 5-8 ounces per feeding	Offer foods 2-3 times daily and may incorporate pureed or mashed foods from the family table.	Transitioning to more textured foods is dependent on infant's ability to manipulate thicker purees, meltables, mashed foods, and soft diced foods. May introduce peanut butter, eggs, fish, dairy.
<b>9-12 months</b>	Around 4-6 feedings daily. Feed on demand	3-5 feedings daily, 5-8 ounces per feeding.	Transition to table foods, 3 meals daily	Allow infant to feed self, when ready.

**Avoid honey until 1 year of age.**

## After baby's first birthday:

- Transition to whole milk instead of formula.
  - *Exceptions: preemies should continue formula until 1-year corrected age. Infants with poor growth may need to transition to nutrient dense toddler formula. Discuss with your provider.*
- Continue to offer meals in high chair or at the table
- Do not allow 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.

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<sup>i</sup> Breast milk empties faster from an infant's stomach and includes factors that aid in digestion so more frequent feeding may be observed in breast fed infants.

<sup>ii</sup> <https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/diet-and-micronutrients/vitamin-d.html>

<sup>iii</sup> Maternal Versus Infant Vitamin D Supplementation During Lactation: A Randomized Controlled Trial. Pediatrics. 2015 Oct;136(4):625-34. doi: 10.1542/peds.2015-1669. Mothers ingesting 6400 IU vitamin D3 provided adequate vitamin D to infant via breast milk ingestion.

<sup>iv</sup> Iron Supplements for Infants at Risk for Iron Deficiency. Glob Pediatr Health. 2017; 4: 2333794X17703836. Published online 2017 Apr 25.

<sup>v</sup> Meat as a first complementary food for breastfed infants: feasibility and impact on zinc intake and status. Krebs NF, et al. J Pediatr Gastroenterol Nutr. 2006 Feb;42(2):207-14.