



# NUTRITION FACTS

## Six Months

- Breastfed infants will continue to eat on demand which may be 6-10 times a day.
- Formula fed babies continue to feed about 5-6 times daily.
- The average intake is 24-32 oz. of formula or breast milk daily with complementary foods or up to 42 oz. a day without complementary foods.
- You may continue to introduce new solids one new food at a time. You may increase food to those with more texture (stage 2). You may also begin to introduce meats, eggs, dairy, fish, and peanut products.
- There is no evidence that waiting to start allergy-causing foods beyond 6 months of age prevents food allergy. Continue to introduce new foods slowly; and monitor for signs of allergy as discussed above.
- Solids can be offered 2-3 times a day. You can allow your baby to eat until she is full and turns away.
- At this age you may also introduce fluids other than formula or breastmilk. Water or juice may be offered in a sippy cup.
- There is no nutritional need to give juice to your child. If you are to give juice it should be 100% fruit juice limited to 2-4 oz. a day. Juice should be diluted with water. Never give juice in a bottle, only in a cup. Juice reduces the appetite for more nutritious foods, increases risk of cavities, may cause diarrhea, and leads to excessive weight gain.
- Once your baby can sit up independently and bring hands or objects to the mouth, you may introduce soft finger foods. See below in 9 month section.

## Nine Months

- At nine months your baby is ready to start self-feeding. Improvement in fine motor skills allow for your child to be able to pick up food and successfully finger feed.
- Once your baby can sit up independently and bring hands or objects to the mouth, you may introduce finger foods. These foods should be soft, cut into small pieces, and easy to swallow. (e.g., banana, wafer-type cookies/crackers, scrambled eggs, well cooked pasta, potatoes, peas)
- Allow your child plenty of time with meals and be patient. Remove distractions such as toys and television.
- Your baby should eat three meals a day (breakfast, lunch, and dinner) as well as three snacks a day. The amount of food eaten at each meal can vary. Multiple opportunities allow for increased variety and adequate nutrition.
- Continue to increase textures and move toward table foods. Make sure foods offered are soft enough to chew and are small enough bites to prevent choking.
- All foods can be given at this age, except for honey and whole milk.
- Continue to encourage cup drinking.
- Breastmilk and formula intake may begin to decrease as the process of weaning begins. Continue on demand feeding based on hunger cues.