



# NUTRITION FACTS

## Two Months

- Breastfed infants will be eating about 8-12 times a day with feedings occurring an average of 2-3 hours apart. Some infants will start to feed more frequently during the day and have a longer stretch of 4-5 hours sleep at night.
- As your baby grows, you may notice periods where your baby seems to feed more frequently or for longer periods. This occurs during a growth spurt and your baby is helping your body to produce more milk to meet his needs. This may last for a few days and then feedings should return to a regular schedule.
- Formula fed babies tend to feed less frequently; 6-8 feedings daily. Typically every 3-4 hours, with a period of 5-6 hours overnight. As your baby grows, she will require larger volumes of formula. Follow your baby's hunger cues to know when to increase.
- The average intake is 21-32 oz. of formula or breast milk daily.

## Four Months

- Breastfed infants will continue to eat about 8-12 times a day with feedings occurring an average of 2-3 hours apart.
- If you notice that your baby is feeding more frequently or for longer periods and it is lasting for longer than the few days that is typical of a growth spurt, then this may be an indication of being ready for solids.
- Formula fed babies continue to feed less frequently; 6-8 feedings daily. Typically every 3-4 hours. Your baby may now start taking different volumes of formula at different times of the day. Follow your baby's hunger cues to know how much to feed.
- The average intake is 26-36 oz. of formula or breast milk daily.
- Between ages 4 and 6 months your baby may be ready to start solid foods. There are a few signs you can look for to know if your baby is ready.
  - Fading tongue thrust reflex (pushing solids out of the mouth)
  - Baby has good head and neck control in a seated position
  - Baby can indicate a desire for food by opening mouth and leaning forward
- When starting new foods it is important to introduce one new food at a time, and continue with the same food for 3 or more days before moving onto the next food. Watch for adverse reactions during this time. These reactions may include rashes, swelling, vomiting, or other intolerance.
- It is recommended to start with single grain, iron-fortified infant cereal such as rice or oatmeal. 1-2 tablespoons, 1-2 times a day.
- Do not add cereal to the bottle unless instructed to do so by a physician. This can lead to excessive weight gain and may increase risk of choking.
- Once your baby is tolerating cereal, you may begin introducing pureed (stage 1) fruits and vegetables. It does not matter what order the foods are introduced as long as a minimum of 3 days is observed between foods.
- Solids can be offered 2-3 times a day. You can allow your baby to eat until she is full and turns away.
- If a food is rejected, move on to a new food and try it again at another time. It may take 10-15 exposures before a food is accepted. Do not force your baby to eat.