

INFANT NUTRITIONAL INFORMATION

(BIRTH TO 12 MONTHS)

PURPOSE:

This diet is designed to meet the nutritional needs during the first year of life in order to promote optimal growth and development.

DESCRIPTION:

Exclusive breastfeeding is recommended for all normal infants from birth to 4 to 6 months of age. Breastfeeding with the appropriate introduction of other foods is recommended for the remainder of the first year, or longer if desired. Infants not receiving breastmilk should receive iron fortified formula. The American Academy of Pediatrics recommends that solids be introduced between 4 to 6 months of age.

CALORIC REQUIREMENTS

Age	Calories
0-6 months	108 calories per kilogram (kg)*
6-12 months	98 calories/kg
12 months +	102 calories/kg

*One kilogram equals 2.2 pounds

BASIC INFORMATION:

Breastmilk or formula fortified with iron is sufficient for healthy infants during the first six months of life. Introduction of food should begin as nutritional requirements increase with age and developmental patterns indicate.

Developmental signs showing the infant is ready for solids include when the baby can sit with support, poses lips to receive a spoon, closes mouth around the spoon, no longer pushes food out of mouth with tongue, maintains grasp when object is placed in hands, reaches for objects and begins mouthing objects.

Suggested Age for Introduction of Solids	Foods
4-6 months	add iron enriched baby cereals
6-8 months	add strained fruit, vegetables
8-10 months	add meats, fruit juices, egg yolk, yogurt
10-12 months	add soft mashed table foods, crackers, cheese strips, other finger foods.

The amount of food to give when introduced depends upon appetite. The early introduction of solids may result in an overweight infant.

Cereals: May be mixed with part of formula or with warm boiled water. Begin with rice or oatmeal. Add wheat last. Use no sugar. Begin with 1 tablespoon. Then increase to 2 to 5 tablespoons once or twice a day.

Fruits: Begin with mild-flavored fruit such as strained applesauce or well-mashed ripe banana. Don't add sugar. Begin with 1 teaspoon and work up to 3 to 4 tablespoons per day.

Vegetables: Begin with mild-flavored vegetables such as beans, peas, carrots, and squash. Begin with 1 teaspoon increasing to 2 to 3 tablespoons per day.

Meats: Cooked and finely ground beef, lamb, chicken, liver and pork (all without fat).

Eggs: Begin with 1/4 teaspoon hard, cooked yolk (mashed and may be thinned with formula). Egg white comes later.

Adapted from the Arizona Diet Manual (revised 1992)