

Feeding Your Baby

Oklahoma Cooperative Extension Service • Oklahoma State University



Your Baby's First Food: Part 2

Formulas

If you use commercial formula, talk with your doctor about which one is best for your baby. Breast milk or formula should be given until your baby is 1 year old.

Advantages of Formulas

- Similar nutritional content as breast milk; no other supplement is needed if the formula is iron-fortified.
- Convenient and easy to store.
- Other people can feed your baby.
- Allows mother to return to work or school (although breast milk can be frozen and stored for later use).

Use an iron-fortified formula. Iron is necessary for growth. **DO NOT** give low-iron formula unless your doctor tells you to use a low-iron formula. Commercial infant formulas have vitamins added. **DO NOT** give vitamins or iron unless recommended by your doctor.

Types of Commercial Formula

- Ready-to-feed \$\$\$ (costs the most)
- Liquid concentrate \$\$
- Powdered \$ (costs the least)

Follow label directions. Ready-to-feed formula requires no dilution. Powdered and liquid concentrate formulas must be diluted with water. Well water should be tested.

How Much Formula

The amount of formula your baby drinks depends on individual needs, age, and weight. The amount of formula per day varies from 1 1/2 to 3 ounces for every pound of body weight during the first six months. Check with your doctor about how much to feed your baby.



- **DO NOT** give your baby cow's milk, raw milk or sweetened condensed milk.
- Avoid skim milk and low-fat milk for the first two years of life.
- Whole milk may be used after 12 months of age.

Check with your doctor before adding any solid foods to your baby's diet.

Suggested Readings:

Gerber (1994). *Mealtimes*. Freemont, MI: Author.

Lambert-Lagace, L. (1991). *Feeding your baby: from conception to age two*. Emeryville, CA: Surrey Books.

Mead Johnson (1994). *Growing up healthy: the role of milk in infant and toddler nutrition*. Evansville, IN: Author.

Reference List:

American Academy of Pediatrics (1993). *Pediatric nutrition handbook*. Elk Grove Village, IL: Author.

Kleinman, R.E. (1994). Build to a variety of foods. *Pediatric Basics*, 69, 2-7.

Spear, B. (1990). Infant feeding choices. In M. Story (ed.). *Nutrition management of the pregnant adolescent*. (pp. 125-130). Washington, D.C.: National Clearinghouse.



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