

# Feeding Your Baby

Oklahoma Cooperative Extension Service • Oklahoma State University



## Starting Cereal

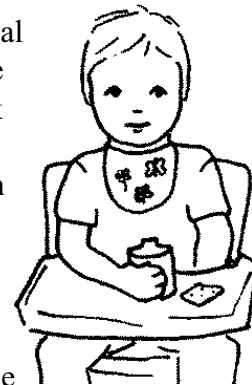
After 4-6 months of age, if your baby is hungry every 3 hours or more often, it is time to start feeding iron-fortified dry baby cereal. Follow the guidelines below when feeding dry baby cereal.

- Start with rice cereal.
- Mix 1 tablespoon dry baby cereal with breast milk, formula, or water until it is thin.
- As your baby gets older, thicken the cereal by using more cereal and less formula or breast milk.
- DO NOT give your baby barley, farina, wheat, or high protein cereal until 6 months of age.
- DO NOT add sugar.
- DO NOT put cereal in the bottle. Use a spoon when feeding your baby.



- DO NOT use an infant feeder.
- To prevent anemia you must feed your baby a good source of iron. ALWAYS USE IRON-FORTIFIED CEREAL.

Feed your baby cereal every day. If you are breastfeeding, check with a doctor about giving your baby an iron supplement. If you use formula, use one fortified with iron. It is important to continue feeding cereal for a source of iron.



## Purchasing/Storing Cereal

Follow the guidelines below for purchasing and storing dry baby cereal.

- Purchase boxed cereal. DO NOT buy cereal in jars. Cereal in jars costs more than boxed cereal and does not contain as much iron.
- Keep packaged cereals away from soap, cleansers, and drugs.



- Put dry cereal in tightly covered jars after opening.

**Suggested Readings:**

American Academy of Allergy and Immunology/International Food Information Council Foundation. (1992). *Adverse reactions to foods*. Milwaukee, WI: Author.

American Academy of Allergy and Immunology/International Food Information Council Foundation. (1993). *Understanding food allergy*. Milwaukee, WI: Author.

**Reference List:**

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Dobler, M.L. (1991). *Food allergies*. Chicago, IL: The American Dietetic Association.



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***For more information, contact your OSU  
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