

Feeding Your Baby

Oklahoma Cooperative Extension Service • Oklahoma State University

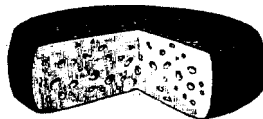


Weaning: Part 2

Every day offer foods in each food group of the DAILY FOOD GUIDE PYRAMID.

Milk

- Continue breastfeeding or formula until your baby is at least 1 year old.
- Whole milk may be used for cooking (in custard or pudding)
- Cheese
- Cottage cheese
- Yogurt



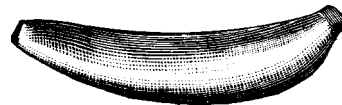
Breads and Cereals

- Continue fortified infant cereals. Dry baby cereal - 6 tablespoons mixed with breast milk or formula. Or you may offer whole grain cereals.
- Cooked macaroni, rice, or noodles.
- Finger foods such as dry toast, soda or graham crackers, and tortillas.

Give high iron foods every day.

Fruits

- Mashed or chopped, peeled, raw, fruits such as apple, pear or peach slices, orange and grapefruit sections, banana and canned fruit, drained (1/2 cup).



- Fruits may be offered at one or two feedings.
- Include all unsweetened fruit juices (4 ounces in a cup).

Give vitamin C foods every day.

Vegetables

- Cooked, tender, mashed, or chopped vegetables (1/2 cup).
- Include boiled, baked, or mashed potato without pieces of skin.
- Cooked carrots and green beans as finger foods.
- Vegetables may be offered at one or two feedings.

Give vitamin A foods three times a week.

Meat, Beans, and Eggs

- Finely chopped and tender, lean meat, fish and poultry without added fat and gristle.
- Cooked, mashed beans (1/3 cup).
- Egg yolk, whole eggs (after 12 months)

Suggested Readings:

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

Gerber (1994). *Dietary guidelines for infants*. Freemont, MI: Author.

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

Reference List:

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

Fomon, S.J. and Greenspan, S.J. (1994). Pay attention to your baby's appetite to avoid overfeeding or underfeeding. *Pediatric Basics*, 69, 8-13.

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

Lonnerdal, B. (1994). Choose foods with iron, zinc and calcium. *Pediatric Basics*, 69, 25-29.



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