

Feeding Your Baby

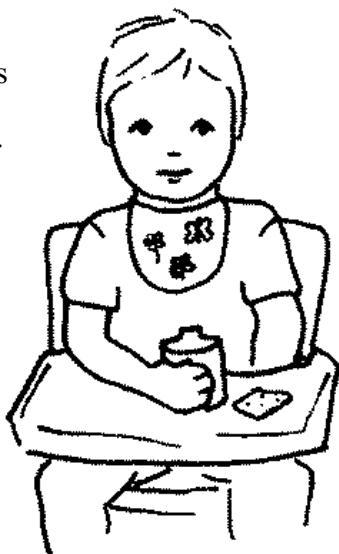
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Weaning: Part 4

Feed your baby regular meals and snacks. Portion sizes depend on your baby's individual needs. Offer your baby water with meals and snacks. Expect a drop in appetite at about 9 months. Baby is growing more slowly now and may need less food. Look for these signs that your baby has had enough to eat: pushing food away, shutting mouth tight, spitting out food, and turning head away.

If appetite is poor, give less food between meals so your baby will be hungry at the next meal.



Your Baby's Meal Plan (9-12 months)

MORNING

Infant cereal, Cream of Wheat®, or Malt-o-Meal®
Fruit
Toast or tortilla
6 oz. formula or breast milk

MIDMORNING

1/2 orange or fruit juice

LUNCH

Vegetables
Meat, fish, chicken, egg, beans, or cheese
Bread, rice, or noodles
6 oz. formula or breast milk

MIDAFTERNOON

Toast or cracker

EVENING

Vegetable or fruit
Meat, fish, chicken, beans, or cheese
Bread or tortilla
6 oz. formula or breast milk

Suggested Readings:

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

Gerber (1994). *Feeding your baby*. Freemont, MI: Author.

Gerber (1994). *Mealtimes*. 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.

Glinsman, W.H. and Beauchamp, G.K. (1994). Babies need sugar in moderation. *Pediatric Basics*. 69, 19-21.

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



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***For more information, contact your OSU
County Extension Center:***



Prepared by: Donna-Jean Hunt, M.S., R.D./L.D.,
EFNEP Nutritionist
Emily Joyce, M.S., R.D./L.D.,
CNEP Nutritionist
Glenna S. Williams, PhD
EFNEP State Coordinator

Reviewed by: Susan Bullard, M.D., FAAP
Formatted by: Beth Ann Fulgenzi

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