



# 6 months old

## Physician Counseling Notes

### Food for Thought

- Any feeding concerns?
- Is your baby having problems with any food?
- How does your baby let you know if he or she is full?

### Feeding Advice

#### Your Baby's Diet ~

- Continue breastmilk or iron-fortified formula, 30-32 ounces per day.
- Cereal 2-4 tablespoons, twice per day.
- Vegetables 1-2 tablespoons, twice per day.
- Fruits 1-2 tablespoons, twice per day.
- Between 7 and 9 months you may introduce strained meats.
- If juice is given, it should be 100% fruit juice and no more than 3 oz. per day in a cup. (Soft drinks, fruit punch and other sweetened drinks are not good for your baby.)

#### Solid Food Tips ~

- Cereal – Use a single grain (rice, barley or oats) iron-fortified cereal.
- Vegetables – After cereal, start with plain, strained vegetables (carrots, spinach, squash, peas, green beans). DO NOT start with mixed vegetables.
- Fruit – Gradually introduce strained fruits (peaches, pears, bananas). DO NOT give fruit desserts.

*Try one new food at a time and feed that food for 3-4 days to know if your baby can tolerate it.*

### Feeding Tips ~

- Always start with vegetables first at every meal.
- Use a spoon and dish, never feed from the jar.
- Your baby may spit out food as a normal response, so offer new foods many times.
- Your baby does not need salt, sugar or margarine/butter added to foods.
- Meal times can be messy, have fun and enjoy family meals.
- Do not put your baby to bed with a bottle or prop up the bottle.

### Additional Feeding Tips ~

- Breastmilk and formula intake will decrease as your baby begins to eat more food. Let your baby decide how much food or breastmilk/ formula is enough. Some days your baby will eat more than other days.
- Ask about Vitamin D supplementation, especially for breastfed infants. For more information talk to your doctor or healthcare professional.

### Be Active

- Encourage crawling, sitting alone and exploring.
- Screen time (TV, computer, electronic games) not recommended under age 2.

### Notes

