

# LOCATIONS

# FEEDING INFANTS

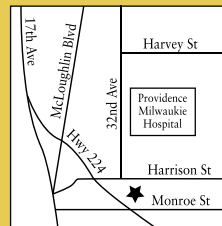
## ADDITIONAL INFORMATION

1. No honey or corn syrup until 12 months old.
2. Nuts: Wait until at least 12 months old.
3. Can home cook foods (mashed or strained), except: carrots, spinach, beets, turnips and collards. Depending on where you live, these vegetables can have too many nitrates, which can cause anemia (low iron in the blood).
4. Watch for choking hazards: Avoid small, hard foods such as popcorn, grapes, candy and gum.

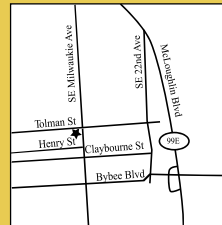
IF YOU HAVE ANY QUESTIONS ABOUT FEEDING, PLEASE ASK YOUR PRIMARY HEALTH CARE PRACTITIONER.



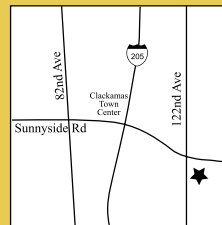
## NORTHWEST PRIMARY CARE LOCATIONS



MILWAUKIE  
FAMILY PRACTICE  
3033 SE Monroe St.  
Milwaukie, OR 97222



SELLWOOD/  
MORELAND CLINIC  
6327 SE Milwaukie Ave.  
Portland, OR 97202



TALBERT CENTER  
FAMILY PRACTICE  
12360 SE Sunnyside Rd.  
Clackamas, OR 97015

For appointments and assistance, call  
503.659.4988.  
[nwpc.com](http://nwpc.com)



# FEEDING INFANTS

## GUIDELINES FOR FEEDING YOUR CHILD

### NEWBORN TO 12 MONTHS

Introduce new foods slowly and one at a time, so you can monitor your child for reactions or allergies.

- If after eating a new food your baby vomits, develops a rash or has diarrhea, stop offering that food, and wait 1 month before offering again.
- Babies often make faces when introduced to foods, and they may spit them out. This is a normal response to new tastes. Continue to offer that food.
- Offer water in a sippy cup starting at 6 months.
- Give whole milk between age 1 and 2, then switch to low fat milk.
- Avoid fruit juice and desserts.
- Start finger foods that are soft and small at 9 months. Cheerios, bananas, steamed vegetables and fruits are good choices.

Have your child eat while sitting quietly to avoid choking. Remember, always supervise your child during mealtime, and never leave them alone.

Whenever possible, have family meals to teach your child that meals are an enjoyable, social time. At this age, mealtimes are often messy, so be prepared.

### FOOD FOR CHILDREN

#### 0-12 MONTHS

- Breast milk or iron-supplemented formula is the only food source for the first 4-6 months, and a major source until 12 months.

#### 4-6 MONTHS

Iron-fortified rice cereal (you can wait to start until 6 months, if desired).

#### 6 MONTHS

Start solid foods; wait 2 days between new foods.

- Start with yellow vegetables (carrots, squash)
- Then yellow fruits (peach, apricot)
- Meats (lamb, chicken, then others)
- Potatoes, barley, millet, corn (strained)

#### 9 MONTHS

- Dairy, but not milk (yogurt, cheese, cottage cheese)
- Egg yolk (cooked), but not egg whites
- Citrus and berries
- Legumes and beans

#### 12 Months

Stop formula; start whole milk. Your child can eat most types of foods at this age.

- Eggs
- Whole milk
- Wheat
- Soy

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