Excellent choices...

Making excellent choices for your baby’s nutrition is key to healthy development and reaching milestones.

The American Academy of Pediatrics (AAP) recommends that breastfeeding be the sole source of nutrition for your baby for the first 6 months.

When solid foods are introduced to your baby’s diet, you can continue breastfeeding or formula-feeding until at least 12 months. Enfagrow® Toddler Transitions™ is tailored for children 9-18 months and is formulated to provide nutrition to help your toddler reach milestones.

Tips for starting your baby on solid foods

1. Start with half a spoonful or less and encourage your baby through the process, but do not show disappointment if he or she is not interested.

2. Be patient! Don’t worry if you have to offer a new food to your baby several times before they’ll try it.

3. Always make sure your baby is sitting up to eat; position the baby so he or she can see the face of the person feeding him.

4. Never force your baby to eat more after indicating fullness; this helps your baby learn to eat just the right amount.

5. Make eating fun. Allow your baby to play with his or her food between bites. Although it’s messy, hands-on fun helps support your baby’s development.

For additional information, visit enfagrow.com

Your baby is ready for solid foods when:

• her birthweight has doubled
• she can sit upright with some support
• she shows interest in food when others are eating and may even grab food from your plate
### 6 – 8 MONTHS

**Formula**
4-5 feedings per day, 6-8 oz per feeding (up to a maximum of about 32 oz a day)

**Cereals/Grains**
Start baby on iron-fortified rice or barley cereal mixed with breast milk or formula
3-5 Tbsp per day

**Fruits / Vegetables**
Introduce a single pureed fruit or vegetable and feed it for 3-5 days before starting another
Between 2 Tbsp and 2 cups per day
- Applesauce
- Carrots
- Pears
- Peas
- Peaches
- Squash
- Sweet potatoes

**Meats/Protein**
Unnecessary at this age

### 8 – 12 MONTHS

**Formula**
4 feedings per day, 6-8 oz per feeding (about 24-32 oz a day)

**Cereals/Grains**
Fortified cereal grains
3 Tbsp portions, including finger foods like crackers
- Bagels
- Crackers (unsalted)
- Noodles
- Graham crackers
- Melba toast
- Teething biscuits

**Fruits / Vegetables**
Soft cooked vegetables, washed and peeled fruits
4 servings of fruits and vegetables per day (2-4 Tbsp)
- Applesauce
- Carrots
- Green beans
- Peas
- Peaches
- Squash
- Sweet potatoes

**Meats/Protein**
Chopped meat or poultry
2-4 Tbsp per day
- Beef
- Chicken breast
- Pork
- Turkey
- Salmon

### 1 – 2 YEARS

**Whole milk**
Enfagrow® Toddler Next Step™
16-24 oz of breast milk, whole milk, Enfagrow Toddler Transitions or Enfagrow Toddler Next Step

**Cereals/Grains**
Fortified cereals
3-4 Tbsp, 2 crackers or 1/2 slice bread
- Breads (whole wheat)
- Pasta
- Crackers (unsalted)
- Rice (includes brown rice)
- Oatmeal

**Fruits / Vegetables**
Fruits and vegetables
About 1-2 cups divided over one day
- Applesauce
- Carrots
- Green beans
- Peas
- Peaches
- Squash
- Sweet potatoes

**Meats/Protein**
Lean meat, eggs, fish, poultry, or cooked dried beans
3-4 Tbsp per day
- Beef
- Chicken breast
- Pork
- Turkey
- Salmon
- Tuna
- Legumes (chickpeas, black beans)

### 2 – 3 YEARS

**Low-fat or skim milk**
16 fl oz of low-fat or skim cow’s milk per day

**Cereals/Grains**
Fortified cereals
3-4 Tbsp, 2 crackers or 1/2 slice bread
- Breads (whole wheat)
- Pasta
- Crackers (unsalted)
- Rice (includes brown rice)
- Oatmeal

**Fruits / Vegetables**
Fruits and vegetables
About 2-3 cups divided over one day
- Applesauce
- Carrots
- Green beans
- Peas
- Peaches
- Squash
- Sweet potatoes

**Meats/Protein**
Lean meat, eggs, fish, poultry, or cooked dried beans
3-4 Tbsp, twice per day

**Recommendations**
- Avoid honey in toddler’s first year, as it can cause infant botulism
- Start baby on iron-fortified rice or barley cereal mixed with breast milk or formula
- Introduce finger foods that have more texture, like:
  - Oat cereal O’s
  - Toast fingers
- You can give your child egg yolks 3 to 4 times per week. Some babies are sensitive to egg whites so DO NOT offer them until after age 1.
- Avoid raw fruits and vegetables that may be a choking hazard.