

Client Name:

Date:

RDN/NDTR:

Email:

Phone:

# Full-Term Infants Nutrition Therapy

Your infant will grow rapidly in the first year of life, possibly tripling in weight and doubling in length. Brain growth is rapid as well. Recommended foods and feeding practices will help to support this growth and development. The goal is to help your infant reach ideal growth and develop healthy eating habits.

## Tips

- Provide your infant with adequate breastmilk or formula to ensure growth and development.
- First foods should be pureed or softened to prevent choking.
- Introduce one new solid food as a single ingredient at a time and monitor for any possible food reactions. Wait 3 to 5 days before introducing another new food.
- Your infant may be ready to begin solids when they demonstrate the following:
  - Holds head up without support in a highchair or feeding seat
  - Turns head from side to side
  - Opens mouth when food is near
  - Removes food from spoon into mouth and can push food back and swallow
- Infants have low stores of iron. Introduce infant foods high in iron or fortified with iron at about age 6 months.
- It is important to introduce eggs, dairy, peanut butter, or fish before 1 year of age. These foods may cause an allergic reaction, but waiting until after 1 year may increase the chances of developing an allergy.
- Make sure to offer peanut butter thinned with water or in small amounts to prevent choking.

## Foods Recommended

The following table presents typical daily food and portion sizes for full-term infants.

Watch for your baby's hunger cues: Crying and fussing, reaching for a spoon or food, showing excitement when food is presented, moving fists to mouth, turning head to look for breast or bottle, sucking on hands, or lip smacking. Your registered dietitian nutritionist (RDN) can provide recommendations for feeding frequency.

Watch for your baby's fullness cues: Turning head side to side when full, slowing down eating, or pushing away foods.

Age (months)	Food Group	Feedings/Servings per Day	Feeding Style
0 month up to 4 months	Breastmilk/Formula	<ul style="list-style-type: none"> <li>▶ 8-12 feedings per day</li> <li>▶ What is a feeding size?                             <ul style="list-style-type: none"> <li>▶ 2-4 ounces breastmilk</li> <li>▶ 2-4 ounces iron-fortified infant formula</li> </ul> </li> </ul>	By breast or bottle
	Grains	<ul style="list-style-type: none"> <li>▶ 1-2 servings per day</li> <li>▶ What is a serving size?                             <ul style="list-style-type: none"> <li>▶ 1-2 tablespoons iron-fortified infant cereal</li> </ul> </li> </ul>	By infant spoon
4 months up to 6 months	Breastmilk/Formula	<ul style="list-style-type: none"> <li>▶ 4-6 feedings per day</li> <li>▶ What is a feeding size?                             <ul style="list-style-type: none"> <li>▶ 4-8 ounces breastmilk</li> <li>▶ 4-8 ounces iron-fortified infant formula</li> </ul> </li> </ul>	By breast or bottle
	Grains	<ul style="list-style-type: none"> <li>▶ 2-3 servings per day</li> <li>▶ What is a serving size?                             <ul style="list-style-type: none"> <li>▶ 2-4 tablespoons iron-fortified infant cereal</li> <li>▶ 2 crackers</li> <li>▶ ½ slice of bread</li> </ul> </li> </ul>	By infant spoon or self-feeding
	Fruit/Vegetables	<ul style="list-style-type: none"> <li>▶ 1-2 servings per day</li> <li>▶ What is a serving size?                             <ul style="list-style-type: none"> <li>▶ 2-3 tablespoons pureed vegetables</li> <li>▶ 2-3 tablespoons pureed fruits</li> </ul> </li> </ul>	By infant spoon or self-feeding
	Protein	<ul style="list-style-type: none"> <li>▶ 1-2 servings per day</li> <li>▶ What is a serving size?                             <ul style="list-style-type: none"> <li>▶ 1-2 tablespoons pureed meats</li> <li>▶ 1-2 tablespoons pureed beans</li> </ul> </li> </ul>	By infant spoon or self-feeding
6 months up to 8 months	Breastmilk/Formula	<ul style="list-style-type: none"> <li>▶ 3-4 feedings per day</li> <li>▶ What is a feeding size?                             <ul style="list-style-type: none"> <li>▶ 6-8 ounces of ounces breastmilk</li> <li>▶ 6-8 ounces iron-fortified infant formula</li> </ul> </li> </ul>	By breast or bottle
	Grains	<ul style="list-style-type: none"> <li>▶ 2-3 servings per day</li> <li>▶ What is a serving size?                             <ul style="list-style-type: none"> <li>▶ 2-4 tablespoons iron-fortified infant cereal</li> <li>▶ 2 crackers</li> <li>▶ ½ slice of bread</li> </ul> </li> </ul>	By infant spoon or self-feeding
6 months up to 8 months	Fruit/Vegetables	<ul style="list-style-type: none"> <li>▶ 1-2 servings per day</li> <li>▶ What is a serving size?                             <ul style="list-style-type: none"> <li>▶ 2-3 tablespoons pureed vegetables</li> <li>▶ 2-3 tablespoons pureed fruits</li> </ul> </li> </ul>	By infant spoon or self-feeding
	Protein	<ul style="list-style-type: none"> <li>▶ 1-2 servings per day</li> <li>▶ What is a serving size?                             <ul style="list-style-type: none"> <li>▶ 1-2 tablespoons pureed meats</li> <li>▶ 1-2 tablespoons pureed beans</li> </ul> </li> </ul>	By infant spoon or self-feeding

Age (months)	Food Group	Feedings/Servings per Day	Feeding Style
8 months up to 10 months	Breastmilk/Formula	<ul style="list-style-type: none"> <li>▶ 3-4 feedings per day</li> <li>▶ What is a feeding size?               <ul style="list-style-type: none"> <li>▶ 6-8 ounces breastmilk</li> <li>▶ 6-8 ounces iron-fortified infant formula</li> </ul> </li> </ul>	By breast or bottle
	Dairy	<ul style="list-style-type: none"> <li>▶ 1 serving per day</li> <li>▶ What is a serving size?               <ul style="list-style-type: none"> <li>▶ ½ ounce soft cheese</li> <li>▶ ¼ cup yogurt</li> </ul> </li> </ul>	By infant spoon or self-feeding
	Grains	<ul style="list-style-type: none"> <li>▶ 2 servings per day</li> <li>▶ What is a serving size?               <ul style="list-style-type: none"> <li>▶ 2-3 tablespoons iron-fortified infant cereal</li> <li>▶ 2 crackers</li> <li>▶ ½ slice bread</li> <li>▶ ½ small corn tortilla</li> <li>▶ 2 tablespoons finely chopped pasta</li> <li>▶ 2 tablespoons pureed/mashed lentils</li> <li>▶ 2 tablespoons rice</li> </ul> </li> </ul>	By infant spoon or may offer as finger foods
	Fruit/Vegetables	<ul style="list-style-type: none"> <li>▶ 2-3 servings per day</li> <li>▶ What is a serving size?               <ul style="list-style-type: none"> <li>▶ 2-3 tablespoons pureed/mashed fruits</li> <li>▶ 2-3 tablespoons pureed/mashed vegetables</li> </ul> </li> </ul>	By infant spoon or may offer as finger foods
	Protein	<ul style="list-style-type: none"> <li>▶ 2 servings per day</li> <li>▶ What is a serving size?               <ul style="list-style-type: none"> <li>▶ 2-3 tablespoons pureed meats</li> <li>▶ ¼ cup pureed/mashed beans</li> <li>▶ 1-2 teaspoons thinned, smooth peanut butter</li> </ul> </li> </ul>	By infant spoon or may offer as finger foods

Age (months)	Food Group	Feedings/Servings per Day	Feeding Style
10 months up to 12 months	Breastmilk/Formula	<ul style="list-style-type: none"> <li>▶ 3-4 feedings per day</li> <li>▶ What is a feeding size?               <ul style="list-style-type: none"> <li>▶ 6-8 ounces breastmilk</li> <li>▶ 6-8 ounces iron-fortified infant formula</li> </ul> </li> </ul>	Begin to work on sippy cup, weaning off bottle
	Dairy	<ul style="list-style-type: none"> <li>▶ 1 serving per day</li> <li>▶ What is a serving size?               <ul style="list-style-type: none"> <li>▶ ½ cup of yogurt</li> <li>▶ ¼ cup of cottage cheese</li> </ul> </li> </ul>	By spoon
	Grains	<ul style="list-style-type: none"> <li>▶ 2-3 servings per day</li> <li>▶ What is a serving size?               <ul style="list-style-type: none"> <li>▶ ¼ cup dry cereal</li> <li>▶ 2-3 crackers</li> <li>▶ 2-3 tablespoons finely chopped pasta</li> <li>▶ 2-3 tablespoons mashed/soft lentils</li> <li>▶ 2-3 tablespoons rice</li> <li>▶ ½ slice bread</li> <li>▶ ½ small corn tortilla</li> <li>▶ ¼ flour medium flour tortilla</li> </ul> </li> </ul>	By fingers
	Fruit/Vegetables	<ul style="list-style-type: none"> <li>▶ 2-3 servings per day</li> <li>▶ What is a serving size?               <ul style="list-style-type: none"> <li>▶ 3-4 tablespoons of soft/diced fruits</li> <li>▶ 3-4 tablespoons of soft/diced vegetables</li> </ul> </li> </ul>	By spoon or fingers
	Protein	<ul style="list-style-type: none"> <li>▶ 2 servings per day</li> <li>▶ What is a serving size?               <ul style="list-style-type: none"> <li>▶ 3-4 tablespoons of soft/ground meats</li> <li>▶ ¼ cup of mashed/soft beans</li> <li>▶ 1 scrambled egg</li> <li>▶ 1-2 teaspoons thinned, smooth peanut butter</li> </ul> </li> </ul>	By spoon or fingers

## Foods Not Recommended

Food	Reason to Avoid
<ul style="list-style-type: none"><li>▶ Popcorn</li><li>▶ Peanuts</li><li>▶ Whole grapes</li><li>▶ Raisins</li><li>▶ Hot dog pieces</li><li>▶ Uncut, tough, and stringy meats</li><li>▶ Hard raw fruits and vegetables such as apples and green beans</li><li>▶ Large chunks of foods</li><li>▶ Hard, sticky candy or fruit chews</li></ul>	<ul style="list-style-type: none"><li>▶ These foods present a risk of choking</li></ul>
<ul style="list-style-type: none"><li>▶ Honey</li><li>▶ Corn syrup</li></ul>	<ul style="list-style-type: none"><li>▶ These foods may contain botulism spores</li></ul>
<ul style="list-style-type: none"><li>▶ Milks (cow, goat, soy, oat, rice, almond, cashew, coconut, hemp, and other milk alternatives) before age 1 year</li></ul>	<ul style="list-style-type: none"><li>▶ Cow's milk before age 1 year can cause intestinal bleeding. It is too high in protein and minerals and is a poor source of vitamin C, vitamin E, and essential fatty acids</li><li>▶ Milk alternatives such as goat, soy, oat, rice, almond, cashew, coconut, hemp, and others are an inadequate source of essential nutrients for infants</li></ul>
<ul style="list-style-type: none"><li>▶ Fruit juice before age 1 year</li></ul>	<ul style="list-style-type: none"><li>▶ Fruit juice is high in sugar</li></ul>
<ul style="list-style-type: none"><li>▶ Foods high in sugar and salt</li></ul>	<ul style="list-style-type: none"><li>▶ These foods are usually processed foods that do not have enough healthy nutrients. Salt and sugar provide no benefits to an infant's diet.</li></ul>

## Full-Term Infant Ages 6-9 Months Sample 1-Day Menu

The daily goal for total breastmilk or formula intake is 24 ounces to 32 ounces. It is ideal to feed single-ingredient foods rather than combination foods containing both meat and vegetable.

This sample menu provides a range of serving sizes for each menu item. Your RDN will guide you on the appropriate serving size for your infant. Remember to be mindful of your infant's feeding cues to prevent overfeeding or underfeeding (see Foods Recommended).

Meal	Menu
<b>Breakfast</b>	<ul style="list-style-type: none"><li>■ 6-8 ounces breastmilk OR iron-fortified formula</li><li>■ 2 tablespoons pureed single ingredient fruit OR vegetables</li></ul>
<b>Morning snack</b>	<ul style="list-style-type: none"><li>■ 2-4 tablespoon iron-fortified infant cereal</li></ul>
<b>Lunch</b>	<ul style="list-style-type: none"><li>■ 6-8 ounces breastmilk OR iron-fortified formula</li><li>■ 2-4 tablespoons iron-fortified infant cereal</li><li>■ 1 tablespoon pureed meat OR pureed beans</li></ul>
<b>Afternoon snack</b>	<ul style="list-style-type: none"><li>■ 2 tablespoons pureed single-ingredient fruit OR vegetables</li></ul>
<b>Dinner</b>	<ul style="list-style-type: none"><li>■ 6-8 ounces breastmilk OR iron-fortified formula</li><li>■ 2-4 tablespoons iron-fortified infant cereal</li><li>■ 1 tablespoon pureed meat OR pureed beans</li></ul>
<b>Snack</b>	<ul style="list-style-type: none"><li>■ 6-8 ounces breastmilk OR iron-fortified formula</li></ul>

## Full-Term Infant Ages Age 9-12 Months Sample 1-Day Menu

This sample menu provides a range of serving sizes for each menu item. Your RDN will guide you on the appropriate serving size for your infant. Remember to be mindful of your infant's feeding cues to prevent overfeeding or underfeeding (see Foods Recommended).

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### Breakfast

- 6-8 ounces breastmilk or iron-fortified infant formula
- 2 tablespoon mashed banana
- 3-4 tablespoons iron-fortified infant cereal or dry cereal

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### Morning Snack

- ½ cup yogurt
- 2 ounces water

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### Lunch

- 6-8 ounces breastmilk or iron-fortified infant formula
- 3 tablespoons cooked chicken, finely chopped
- 3 tablespoons cooked carrots, pureed or chopped
- 2 tablespoons cooked pasta, finely chopped

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### Afternoon Snack

- 2 crackers
- ½ teaspoon of smooth peanut butter, thinly spread on cracker
- 2 ounces breastmilk or iron-fortified infant formula

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### Dinner

- 4 ounces breastmilk or iron-fortified infant formula
- ¼ cup beans, mashed or soft
- 3 tablespoons cooked green beans, chopped or pureed
- 2-3 tablespoon pears, diced or pureed
- ½ slice bread

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### Snack

- 4 ounces breastmilk or iron-fortified infant formula
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# Sample Meal Plan

Use this form to create an individualized meal plan.

Meal	Menu
Breakfast	
Lunch	
Dinner	
Snack	

Notes: