



Infant Feeding Guide



At the Earth's Best Organic® brand we are parents too and are committed to be here as a resource for you every step of the way. Join the Earth's Best Organic® Family to receive our FREE monthly e-newsletter – chock full of special offers, parenting and feeding tips from our experts and more! Simply visit earthsbest.com to get started.

The below is for informational purposes only and should not be treated as medical advice. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Please always discuss any health and feeding concerns directly with your pediatrician. Never disregard professional medical advice or delay in seeking it because of something you have read below.

	Breast Milk	Organic Formula*	Grains	Fruits & Vegetables	Yogurt, Meat & Poultry	Feeding Tips
Month 0-1	Feed on demand, but on average every 2-3 hours, for a total of 8-10 feedings each day.	Feed on demand, but on average every 2-3 hours, for a total of 8-10 feedings each day.	None	None	None	Some babies will eat every two hours, day & night, others will go for longer stretches. At this age, it is best to feed your baby "on demand". Once babies return to their birth weight they no longer need to be woken up to feed at night.
1-4 Months	On average 6-8 feedings each day. The number of feedings will decrease as your baby sleeps longer at night.	On average every 4 hours, or 5-6 feedings per day. 4-6 fl. oz. per feeding.	None	None	None	Look for hunger cues such as tongue thrusting, lip smacking, head turning and "rooting", and sucking on fingers or fists. Feedings go more smoothly if you recognize the signs of hunger before the hunger cries begin.
4-6 Months	On average 6 feedings each day.	4-5 feedings each day, 6-8 fl. oz. per feeding, maximum of 35 fl. oz. per day. Any more than 35 fl oz per day indicates baby is ready for complementary foods.	The first solid food is traditionally iron-fortified infant cereal such as oatmeal or rice followed by other grains. Start with 1 tbsp. each meal mixed with either breast milk or formula to desired consistency and increase to 4 tbsp. each meal. Begin with 1 serving each day and advance to 2 when accepted by your baby.	Start with single fruits and vegetables that are finely pureed. Advance to approximately 4 oz. jar per meal. Remember to try only one new food at a time; watch for signs of allergy (diarrhea, rash, vomiting, lip and tongue swelling and difficulty breathing). Single fruits and vegetables that are finely pureed can be an alternate to cereal as a first food.	Can begin finely milled meat and poultry.	When your baby is able to hold their head up straight, they are probably ready to start solid foods. <div data-bbox="1090 1251 1459 1394" data-label="Image"> </div>
6-9 Months	Usually 4-6 feedings each day. As your baby takes more solids, the number of feedings may decrease.	Depending on the amount of solid food in your baby's diet, the formula will range from 24-30 fl. oz. per day.	At 8 months, introduce foods that have more texture. Continue to introduce a variety of whole grains.	Continue with fruits and vegetables to include new single flavors and combinations offering new tastes and textures.	At 7 months can begin yogurt.	Your baby can also chew using up and down motions and move food around in her mouth. Your baby will also start to pick up food with her fingers or palms, and put it into her mouth on her own.
9-12 Months	As baby takes more solids, the number of feedings will decrease. Usually 4 feedings each day.	The formula intake will fall to approximately 24 fl. oz. per day.	Usually 1 time each day (1/4-1/2 cup). May want to try finger foods, such as well cooked pasta.	Usually 2 servings of fruit AND vegetables per day (1/4-1/2 cup each serving). As babies transition more to table foods, they can try a "chunkier" texture. Select easily chewable foods cut up into small pieces. Try more finger foods, such as small pieces of banana.	Usually 1 serving of yogurt (1/4-1/2 cup). Usually 1 serving of meat or poultry. For variety try scrambled eggs or soft cheese, cut up tofu.	You will start to see signs of baby using the pincer grip (with thumb and forefinger) to pick up small objects with ease and without having to rest her wrist on a solid surface. As their coordination improves, try giving them a fork or spoon at mealtime.

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* We always recommend breast feeding as the first choice for infant feeding. However, when breast feeding is not an option for you, we offer Earth's Best Organic® infant formula.
 ** For select products that are Non GMO Project verified.

How and when to start your little one on solid foods

When should my little one begin solid foods?

Your baby's readiness to explore solid foods depends on her own rate of development. The American Academy of Pediatrics recommends starting solid foods sometime around 6 months. However, many babies begin to show signs of readiness sometime between 4 and 6 months, so talk with your pediatrician about when is the best time for your little one to start solids. During this time solid food intake is more about practice than a source of nutrition, so don't worry if your little one doesn't get take to it right away. Also remember that as your little one eats more solid food their breast milk or formula intake will decrease.

How will I know when my baby is ready?

Here are some signs that your baby may be physically ready to try solid foods:

- Your baby can sit up with support
- She has good head and neck control
- She no longer pushes out food with her tongue
- She turns towards or away from food
- She shows interest in the foods that others are eating
- She can open her mouth wide when she's offered a small spoonful

What is the best "first food"?

The first food has typically been an easy-to-digest, single grain infant cereal, such as Earth's Best Organic® Whole Grain Rice Cereal. This can be a good first choice because it is made from whole grains, is easy to digest and is fortified with iron, which many babies need at this age. According to the American Academy of Pediatrics, you can also choose to start with other first foods, such as single ingredient pureed vegetables and fruits (like our Earth's Best Organic® Stage 1 for 4 months+ Bananas, Peas or Sweet Potatoes). Stage 2 baby food with finely milled meats and poultry may be appropriate for 6 months and older. Talk with your pediatrician about what's best for your baby.

How do I feed my baby?

Choose a time when your baby is alert and happy, and not too hungry or tired, and use a spoon made especially for babies. If you're starting with an iron fortified cereal, mix one tablespoon of cereal with 3-4 tablespoons of breast milk or certified organic formula (when starting out, it is recommended that you mix to a more liquid consistency until your baby gets a feel for eating solids). If you're starting with a strained single vegetable, fruit, meat or poultry, begin with a half a spoonful or less. Offer it to your little one using a warm, encouraging voice. And don't be surprised if at first more seems to end up on your baby's face, the bib or the high chair as he or she is learning how to swallow solids! Learning to master solid foods takes time. And during the first year your little one will still be getting most of their nourishment from breast milk and/or formula.

When can I add new foods?

Once your baby has learned how to eat one food, you can gradually offer him or her other foods that are fine in consistency one at a time. It's a good idea to introduce these foods at home, rather than in a daycare or a restaurant setting. After you've introduced a new food, wait 3 days before trying another new food so as to watch for signs of a possible food sensitivity or allergy, such as a rash, lip and tongue swelling and difficulty breathing as additional signs of allergy, vomiting, diarrhea, or irritability. If you do notice any symptoms, stop using the new food and consult your doctor. When adding new foods it is important to remember that it is not safe for children under age one to have any products containing honey.

What about possible allergens?

Once your baby has mastered a menu of simple, single ingredient foods that do not typically cause allergic reaction, the newest AAP guidelines state that complementary foods, including potential allergens, can be offered to infants after 4-6 months of age (as long as the child has not already shown signs of food allergies). But before the first spoonful, it's a good idea to talk with your pediatrician about whether and when the right time is for your baby to try foods which may be possibly allergenic. Also, it's important to remember to make sure the foods you offer are age and stage appropriate for your baby to enjoy.

The AAP has endorsed new guidelines for early introduction of peanuts to reduce the risk of developing peanut allergy. While peanuts and peanut butter are choking hazards, peanut powder, ground peanuts or peanut butter used in smoothies are easier ways to introduce your little one to peanut protein, but as always please consult your pediatrician before making any dietary changes or potential allergen introductions. The guidelines are based off a landmark study known as the LEAP study which showed that early introduction of peanut powder can help reduce the risk of developing peanut allergy later in life. Peanut protein can be mixed into pureed foods once your baby is 6 months old. As an extra precaution, if your child had eczema or an egg allergy please talk to your pediatrician before introduction of peanut protein.

Why Organic?

At the Earth's Best Organic® brand we passionately believe that organic foods are essential to give baby a pure start and to preserve the Earth for future generations. While health experts agree that eating a wide variety of fruits, vegetables, whole grains, dairy products and protein sources is important for growth and development, according to the American Academy of Pediatrics a benefit of choosing organic foods for children is the reduced exposure to potentially harmful synthetic pesticides not permitted in organic farming. With their little bodies, pound for pound children eat more food relative to their body size and their bodies function differently than adults which can result in increased exposure to environmental contaminants.

Did you know Organic is always non-GMO?

Non-GMO is one of the requirements to certify a product as organic or made with organic ingredients. Which means if a product is certified USDA Organic, you can have confidence that it is also non-GMO. A genetically modified (GM) or genetically engineered (GE) organism is any organism that received a new trait or characteristic (DNA) by the use of recombinant DNA (rDNA) techniques, gene splicing, or transgenic technology.

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