Kentucky Infant Feeding Guide  
Four to Eight Months

<table>
<thead>
<tr>
<th>Food</th>
<th>Age, Development and Feeding Skills</th>
<th>Special Notes</th>
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</thead>
</table>
|      | **4 - 6 Months**                   | Your baby will continue to breastfeed 5 or more times a day or will drink 24 - 32 ounces of formula each day.  
○ Remember to always hold your baby when feeding.  
○ By 4 months, your baby may double their birth weight. |
|      | **6 Months: Signs of Readiness for Solids:** | • When your baby shows signs that they are ready for solids, start with one teaspoon of rice cereal.  
• Solid foods should always be fed with a spoon.  
• Use single grain cereals such as rice, barley or oat. Avoid wheat cereal at this time due to risk of food allergies.  
• Mix the cereal only with breast milk or formula.  
• You can slowly increase the amount of cereal to 1 - 2 tablespoons a day.  
• Remember that your baby is learning to eat, so go slowly.  
• Show your baby the food in the spoon and as you bring it toward her; the baby will open the mouth.  
• You will know that your baby is done when they turn their head, closes the mouth, or has just lost interest in eating. |
|      | **5 - 7 Months**                   | • After your baby has been on cereal for 1 to 2 weeks, try 1 - 2 teaspoons of plain baby food meats or pureed meats.  
• Offer one new meat at a time.  
• Take out a small amount of food from the baby food jar and heat in a bowl for feeding. This will allow you to use the baby food from this jar for up to 2 days. Throw away opened baby food after 2 days.  
• Your baby does not need any added salt, sugar, or butter added to their food.  
• Baby food meat “dinners” are only flavored with meat and do not provide enough protein.  
• Try 1-2 tablespoons of mashed dried beans as a good protein source.  
• Bacon, lunchmeats and hot dogs are not healthy choices for your baby and can cause choking.  
• Eggs are not recommended until after 1 year of age.  
• Keep your baby’s gums and teeth healthy and wipe them with a soft washcloth or gauze pad after feeding. |

Breast Milk or Infant Formula
Iron-Fortified Dry Infant Cereal and Grain Products
Meats and Protein Foods
# Kentucky Infant Feeding Guide
## Feeding From Four to Eight Months

<table>
<thead>
<tr>
<th>Food</th>
<th>Age, Development and Feeding Skills</th>
<th>Special Notes</th>
<th>6 - 8 Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>Baby will try to pick up pieces of food and bring to mouth.</td>
<td>• Once your baby accepts cereal and meats, vegetables can be added.</td>
<td>Baby can...</td>
</tr>
<tr>
<td>Fruits</td>
<td>Baby can learn to drink from a sippy cup.</td>
<td>• Begin with 1 - 2 teaspoons of baby food vegetables or pureed cooked vegetables and slowly increase the amount to 2 - 4 tablespoons a day.</td>
<td>Baby can...</td>
</tr>
<tr>
<td>Other Dairy Foods</td>
<td>Baby can reach for spoon, point to food or show other ways to clearly show they are ready to eat.</td>
<td>• Begin with 1 - 2 teaspoons of baby food fruits. Slowly increase the amount of fruit to 2 - 4 tablespoons a day.</td>
<td>Baby can...</td>
</tr>
<tr>
<td>Grain Products</td>
<td>Baby can roll over and push up from stomach and start learning to crawl.</td>
<td>• Use plain fruit baby foods instead of desserts and fruits with added pudding.</td>
<td>Baby can...</td>
</tr>
<tr>
<td>Water</td>
<td>Your baby wants to learn how to eat and will try more and more to feed them self.</td>
<td>• Wait 3 to 5 days before introducing a new food.</td>
<td>Baby can...</td>
</tr>
</tbody>
</table>

- Introduce wheat cereal at 8 months of age.
- Serve crackers, toasted bread, or dry cereal if baby is ready for finger foods.
- Try pasta noodles such as macaroni or Spaghetti. Cut up the noodles to avoid choking.

- Offer your baby plain water in a cup. Avoid adding sugar, syrup or honey to water.
- Use only 2 - 4 ounces of extra water each day.