

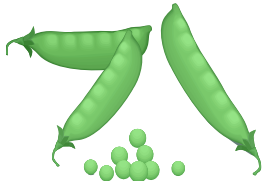

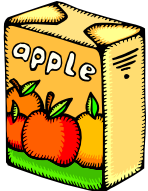

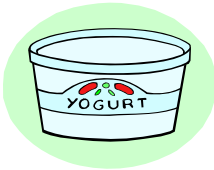


## Kentucky Infant Feeding Guide Nine to Twelve Months

Food	Age, Development and Feeding Skills	Special Notes	
<p><b>Breast Milk or Infant Formula</b></p> 	<p><b><u>9-12 Months</u></b></p> <p>He still needs breast milk or formula until 1 year old.</p>	<p>Your baby will continue to breastfeed 4 to 6 times a day or will drink 24 - 32 ounces of formula each day.</p> <ul style="list-style-type: none"> <li>Remember to always hold your baby when feeding. If your baby lays down with a bottle they are at high risk for ear infections, choking, and tooth decay.</li> </ul>	
<p><b>Iron-Fortified Dry Infant Cereal and Grain Products</b></p> 	<p>Baby is learning to chew better and is ready to try more chunky texture foods.</p> <p>Baby can pick up food with fingers and does well with finger foods.</p>		<ul style="list-style-type: none"> <li>Serve 4 - 6 tablespoons of cereal each day.</li> <li>Try dry cereal such as Cheerios as a finger food.</li> <li>Offer whole grain cereals, toasted breads, rice or pasta.</li> </ul>
<p><b>Vegetables</b></p> 	<p>She may demand to feed herself and will grab the spoon.</p> <p>Baby can tell you they are hungry with grunts or sounds and even pointing or reaching for the food.</p>		<ul style="list-style-type: none"> <li>Serve 3 - 4 tablespoons each day of plain cooked, mashed or finely chopped vegetables.</li> <li>If you offer baby foods, serve 4 ounces of vegetables each day.</li> <li>Begin with one food and use for 2 - 3 days to be sure that your baby does not have a food allergy.</li> <li>Try soft cooked vegetables off your table.</li> <li>Encourage your baby to use their fingers and eat on their own. Place your child in a high chair and put small pieces of food on the tray.</li> <li>Your baby may make a little mess, but this okay! They are learning many things.</li> </ul>
<p><b>Fruits</b></p> 			<ul style="list-style-type: none"> <li>Serve 3-4 tablespoons of fresh fruit that is mashed or finely chopped each day.</li> <li>Try serving applesauce or mashed fruits that are canned in their own juice or lite syrup.</li> <li>If you use baby food fruits, use plain fruits instead of desserts or fruits with added pudding.</li> <li>Fruit is a better choice than juice.</li> <li>Fruits such as grapes and cherries that are round and slippery are high risk choking foods. Make sure that you chop them up.</li> </ul>

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<p>Juice</p> 	<p>Baby can learn to drink from a cup rather than a sippy cup.</p>	<ul style="list-style-type: none"> <li>• Limit juice to 1/2 cup or 4 ounces a day.</li> <li>• Try serving juice in a cup to teach your baby how to drink.</li> <li>• Offer 100% fruit juice. Please avoid sweetened drinks such as tea, soda, sports drinks, flavored waters, Kool-Aid or Hi-C.</li> </ul>
<p>Meats and Protein Foods</p> 	<p><u>10-12 months</u></p> <p>Baby can more easily bring spoon to mouth.</p> <p>Baby is moving around much more. He is pulling up on things and trying to walk.</p>	<ul style="list-style-type: none"> <li>• Serve 1-3 tablespoons of finely chopped meats or 1/2 of 4 ounce baby food meats.</li> <li>• Baby food “dinners” are not adequate in protein since they are only flavored with meat.</li> <li>• You can make your own dinner combination by mixing a plain meat with vegetables or fruits.</li> <li>• Try mashed dried beans.</li> <li>• Eggs are not recommended until 1 year old due to risk of food allergies.</li> <li>• Bacon, lunch meats, and hot dogs are not a healthy choice for your baby and are high risk choking foods.</li> <li>• Your baby wants to eat with the family. Make sure he is secured in a high chair or your lap to eat safely.</li> </ul>
<p>Other Dairy Foods</p> 	<p>Your baby wants to feed himself but he still may need help.</p> <p>May use simple gestures such as shaking head “no” and waving “bye-bye”.</p>	<ul style="list-style-type: none"> <li>• Try plain yogurt and cottage cheese.</li> <li>• Introduce a variety of foods. This will help your child to have better eating habits later in life.</li> <li>• It may take 8 - 15 times for a baby to try a food before they decide they like it.</li> </ul>
<p>Water</p>	<p>He can hold a cup with both hands.</p> <p>She may learn to drink from a straw.</p>	<ul style="list-style-type: none"> <li>• Offer 4 - 6 ounces of water a day.</li> <li>• Now is the time to prepare your baby for weaning. Try to wean your child from the bottle by 12 - 14 months of age.</li> <li>• If you use a sippy cup it is important that the baby does not use it like a bottle.</li> <li>• Baby should not carry a sippy cup with them. If they are thirsty, offer them a drink from a cup, then put cup away.</li> </ul>



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