



## KENDALL PEDIATRIC PARTNERS



Alina Siblesz-Ruiz, MD

Raquel Olavarrieta, MD

Age	Feeding plan
0-2 months	24 -32 oz. Formula or Breast Milk (7–10 feedings). Start vitamin D supplementation if exclusively or partially breastfed. <b>No free water, juices, teas.</b>
3-4 months	28–36 oz. Formula or Breast Milk (7–10 feedings). Continue vitamin D supplementation if exclusively or partially breastfed. <b>No free water, juices or teas.</b>
4-5 months	26–36 oz. Formula or Breast Milk (6 – 8 feedings). If head controlled achieved may start iron fortified purees. <b>Never give food in a bottle.</b>
5-6 months	26–32 oz. Formula or Breast Milk (6 – 8 feedings), 4-8 tbsp twice a day of iron-fortified “dry” cereal, 2-4 oz. vegetables, strained (yellow or mild flavored) and/or non-acidic fruit, strained. Introduce one new meal at a per day and repeat for 3-4 days in a row to test for tolerance. Keep a food diary. Discuss with us LEAP study and advantage of introduction of meals such as egg, fish, peanuts and tree nuts (puree) to determine if appropriate for your baby. May introduce 2-4 oz of water. <b>Do not offer juices.</b>
6-7 months	26–30 oz. Formula or Breast Milk (6 – 8 feedings) 4-8 tbsp twice a day of iron-fortified “dry” cereal, 2-4 oz. strained vegetables, 2-4 oz. strained fruit without sugar & 1-2 oz. strained meat. <b>No juice or processed sugary snacks are recommended.</b>
7-8 months	26-30 oz. Formula or Breast Milk (6-8 feedings), 5-8 tbsp iron fortified “dry” cereal, 1/4 -1/2 c. mashed vegetables, 1/4-1/2 cup, mashed fruit, 1-3 oz. mashed ground meat, food such as: veggie/fruit pouches, mashed beans, eggs, bread, veggie and/or fruit puffs, yogurt bites. <b>Choking hazards are: popcorn, nuts, whole grapes, dried fruits.</b>
8-12 months	24-26 oz. Formula or Breast Milk, 8-12 tbsp iron-fortified “dry” cereal, 1-3 oz. Mashed or chopped meat, 1/4 -1/2 cup, fruit, 1/2 slice bread or 1- 2 soft crackers. <b>Do not offer juices.</b>
12-24 months	14 oz. whole Milk*, 2 servings of 1/4 -1/2 cup of fruit, 2 servings of 1/4 -1/2 cup of vegetables, 1 serving of meat, fish, poultry, fats, oils as needed in small amounts, 4 servings of breads/cereals: (1/4 -3/4 cup of dry cereal, 1/4- 1/2 cup of cooked cereal, 1/2 slice of toast, or 2-4 crackers.) <b>By this time milk should not be given in a bottle. After 24 months, offer 2% milk.</b>



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*Alina Siblesz-Ruiz, MD*

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Edad	Plan de alimentacion
0-2 meses	24 -32 oz. Formula o leche materna (7–10 veces al dia). Comience el suplemente de vitamina D si esta amamantando. <b>No ofrezca jugos, agua o te.</b>
3-4 meses	28–36 oz. Formula o leche materna (7–10 veces al dia). Continúe el suplemento de vitamina D si esta alimentando con leche materna. <b>No ofrezca jugos, agua o te.</b>
4-5 meses	26–36 oz. Formula o leche materna (6 – 8 veces al dia). Si tiene buen control de la cabeza, puede ofrecer compota de bebe. <b>Nunca ofrezca comida en el biberon.</b>
5-6 meses	26–32 oz. Formula o leche materna (6 – 8 veces al dia), 4-8 cucharadas dos veces al dia de cereal de bebe, 2-4 oz. de vegetales y/o frutas. Intoduzca una comida nueva por dia y repita de 3-4 dias seguidos para probar por tolerancia. Mantenga un diario de las comidas. Discuta con nosotros el estudio de LEAP para saber si es apropiado para su bebe, comenzar a introducir variedad de comidas incluyendo mani (pure), nueces (pure), huevo y pesacado. 2-4 oz de agua. <b>No ofrezca jugos.</b>
6-7 meses	26–30 oz. formula o leche materna (6 – 8 veces por dia) 4-8 cucharadas de cereal de bebe, 2-4 oz. de vegetales/frutas & 1-2 oz. strained meat. <b>No ofrezca jugos o meriendas procesadas.</b>
7-8 meses	26-30 oz. Formula o leche materna (6-8 veces al dia), 5-8 cucharadas de ceral de bebe, 1/4 -1/2 c. vegetales/fruta, 1-3 oz. carne molida, huevos, pan, granos, yogurt. <b>No ofrecer uvas enteras, palomitas de maiz, nueces, mani, frutas secas.</b>
8-12 meses	24-26 oz. formula o leche materna, 8-12 cucharadas de cereal, 1-3 oz. carne molina, 1/4 -1/2 frutas/vegetales, 1/2 tajada de pan o 1- 2 galleta de soda suave. <b>No ofrezca jugos.</b>
12-24 meses	14 oz. leche entera*, 2 porciones de fruta, 2 porciones de vegetales, 1 porcion de carne, pollo, pescado, grasas y aceites en pequenas porciones, 4 porciones de pan o cereal sin azucar: (1/4 -3/4 taza de cereal, 1/2 tajada de pan, or 2-4c galleta de soda suave.) <b>No ofrezca leche en biberon. Despues de los 24 meses, cambie la leche a descremada o 2%.</b>