



# INFANT FEEDING GUIDE

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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
<b>Month 0-1</b>	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.
<b>1-4 Months</b>	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.
<b>4-6 Months</b>	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 tsp. each meal mixed with either breast milk or formula to desired consistency and increase to 4 tsp. 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.
<b>6-9 Months</b>	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.
<b>9-12 Months</b>	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.