



## Infant Feeding Guide

Child: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_  
D M Y

Formula Brand: \_\_\_\_\_

### Cereals/Starch:

- |  |   |
|--|---|
| <input type="checkbox"/> Rice Cereal   | <input type="checkbox"/> Oatmeal Cereal |
| <input type="checkbox"/> Barley Cereal | <input type="checkbox"/> Mixed Cereal   |
| <input type="checkbox"/> Cheerio's     | <input type="checkbox"/> Biscuits       |
| <input type="checkbox"/> Pasta         | <input type="checkbox"/> Rice           |
| <input type="checkbox"/> Bread(toast)  | <input type="checkbox"/> Crackers       |
| <input type="checkbox"/> Other:        | <input type="checkbox"/> Other:         |

### Fruit

- |   |                                      |
|---|--------------------------------------|
| <input type="checkbox"/> Banana   | <input type="checkbox"/> Apple       |
| <input type="checkbox"/> Pear   | <input type="checkbox"/> Prunes      |
| <input type="checkbox"/> Peaches  | <input type="checkbox"/> Blueberry   |
| <input type="checkbox"/> Orange   | <input type="checkbox"/> Mixed Berry |
| <input type="checkbox"/> Pineapple  | <input type="checkbox"/> Plum        |
| <input type="checkbox"/> Strawberry (not recommended until over 12 months in age) |                                      |
| <input type="checkbox"/> Other:   | <input type="checkbox"/> Other:      |

### Vegetables

- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> Carrot        | <input type="checkbox"/> Green Beans  |
| <input type="checkbox"/> Peas          | <input type="checkbox"/> Potato       |
| <input type="checkbox"/> Squash        | <input type="checkbox"/> Sweet Potato |
| <input type="checkbox"/> Spinach       | <input type="checkbox"/> Corn         |
| <input type="checkbox"/> Broccoli      | <input type="checkbox"/> Cauliflower  |
| <input type="checkbox"/> Tomato(sauce) |                                       |
| <input type="checkbox"/> Other:        | <input type="checkbox"/> Other:       |

### Meat

- |                                  |                                 |
|----------------------------------|---------------------------------|
| <input type="checkbox"/> Chicken | <input type="checkbox"/> Beef   |
| <input type="checkbox"/> Ham     | <input type="checkbox"/> Turkey |
| <input type="checkbox"/> Veal    | <input type="checkbox"/> Lamb   |
| <input type="checkbox"/> Other:  | <input type="checkbox"/> Other: |

### Desserts

- |                                  |                                 |
|----------------------------------|---------------------------------|
| <input type="checkbox"/> Custard | <input type="checkbox"/> Yogurt |
| <input type="checkbox"/> Other:  | <input type="checkbox"/> Other: |

### Juice

- |                                 |                                      |
|---------------------------------|--------------------------------------|
| <input type="checkbox"/> Apple  | <input type="checkbox"/> White Grape |
| <input type="checkbox"/> Prune  | <input type="checkbox"/> Orange      |
| <input type="checkbox"/> Pear   | <input type="checkbox"/> Mixed Fruit |
| <input type="checkbox"/> Other: | <input type="checkbox"/> Other:      |

#### All Infants Avoid:

Pure Honey until 1 year old  
Cow's milk until 1 year old

#### High Risk Infants Also Avoid:

Eggs until 2 years old  
Fish until 3 years old  
Nuts until 3 years old (peanut butter and tree nuts)