

Infant Feeding Guide

Child: _____

Date: ___/___/___
D M Y

Formula Brand: _____

Eat on demand?: (yes or no) _____

Preferred feeding times _____

Preferred bottle temperature: _____

Preferred cereal mixture: _____

Cereals/Starch:

Rice Cereal

Oatmeal Cereal

Biscuits

Barley Cereal

Mixed Cereal

Rice

Cheerio's

Bread(toast)

Crackers

Pasta

Rice

Other: Other:

Fruit

Banana

Apple

Mixed Berry

Pear

Prunes

Pineapple

Peaches

Blueberry

Plum

Orange

Other:

Other:

Vegetables

Carrot

Green Beans

Cauliflower

Peas

Potato

Corn

Squash

Sweet Potato

Tomato(sauce)

Spinach

Broccoli

Other: Other:

Meat

Chicken

Beef

Lamb

Ham

Turkey

Veal

Other:

Other:

Desserts

Custard

Yogurt

Other:

Other:

Juice

Apple

White Grape

Mixed Fruit

Prune

Orange

Pear

Other: 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

Fish until 3 years old

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