



PEDIATRIC OFFICES OF: SAVEL, KELLY, BOREMAN & ODOM, M.D.'S

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FEEDING INSTRUCTIONS

1. Continue to feed your baby breast-milk or formula until one year of age. If your baby is on special formula like soy, it is ok to challenge with regular (milk-based) formula as long as no problems were noted recently. If baby cannot tolerate the regular formula then go back to the special formula.
2. JUICE: You may give your baby regular juices diluted with equal parts of water (total 8oz. per day).
3. SOLIDS: Estimated volume 6 to 1 cup total, three times a day to start with.
4. General outline or suggestions for feeding: BREAKFAST: Cereal and Fruit.
LUNCH: Yogurt and Fruit. DINNER: Meat and Vegetables. *It is ok to use table food (made with a blender or grinder) or baby food. Make sure you avoid the list of foods below:
5. Most common foods to cause allergy are: peanuts, eggs, strawberries, pineapple, orange juice, chocolate, fish and wheat. You may introduce these foods last. Please try to avoid these foods for the first year. Also avoid honey until one year of age.
6. ALLERGIC REACTIONS: may look like rashes (especially around the mouth), vomiting and/or diarrhea.
7. Please get into good habits about feeding your baby and look for signs that he/she is full and had enough. NEVER FORCE FEED.