Feeding Guide

First feedings
When starting solid foods, introducing your baby to one new food for three to five days at a time is a good way to check for allergic reactions. Most pediatricians recommend starting with a single-grain cereal, like Beech-Nut® Rice Cereal, because it’s easier for babies to digest. Beech-Nut® cereals are soy-free, with the exception of DHA cereals.

• Start with a small amount and increase gradually. Even a teaspoonful is enough for some beginners. Begin with a small amount of cereal (1 to 2 teaspoons of cereal with 4 to 5 teaspoons of breast milk, formula or water) and gradually increase it.

• Babies usually respond better to the first feedings of cereal if it is thin rather than thick. And you might be surprised how thin the first few feedings will be. You’re looking for a consistency that is more liquid than solid.

• Once you think you’ve got it correct, put a small amount of warm cereal on the tip of a rubber-coated spoon and place it in your baby’s mouth.

• Don’t be surprised if at first the food comes right back out of your baby’s mouth. Your baby has been nursing, and the natural instinct is to use the same mouth and tongue movements, which is what causes some of the food to be pushed out of his or her mouth. Starting solid foods helps your baby transition from a totally liquid diet of breast milk or formula, so your baby may not swallow much at first. As your baby becomes accustomed to eating from a spoon, you may make the cereal thicker and increase the amount. And, you can offer two to three feedings a day.
Stage 1® (from about 4 months and older)

Every baby is different. Yours will let you know how much he needs to eat and what he likes or doesn’t. He’ll also eat different amounts on different days. This helpful guideline will help you plan his meals. Print it out and put it on your refrigerator for reference.

Signs of readiness for solid food
Your baby probably won’t do all these things – they’re just clues to watch for.
• Can hold head up and turn away when full
• Sits well in high chair
• Makes chewing motions
• Shows interest in food
• Can close mouth around a spoon
• Can move food from front to back of mouth
• Can move tongue back and forth, but is losing tendency to push food out with tongue

Feeding guidelines (approximate amounts per day)
Breast milk or formula – 24 to 32 ounces in six to eight feedings, fed with meals or in between

Sample Menu Using Beech-Nut® Stage 1®
Morning
• Prepared cereal (¼ cup)
• Fruit (1-½ to 2-½ ounces)

Midday
• Meat (1 to 1-½ ounces)
• Vegetable (1-½ to 2-½ ounces)

Evening
• Prepared cereal (¼ cup)

What to feed
• Breast milk or formula
• Semi-liquid rice cereal
  - Begin with about 1 teaspoon dry rice cereal mixed with 4 to 5 teaspoons breast milk or formula (it’ll be very runny).
  - Gradually thicken consistency and increase to 1 tablespoon dry cereal mixed with breast milk or formula, twice a day.
• Introduce new foods like rice cereal one at a time, with at least three days in between to make sure your baby’s not allergic, then you can try other grain cereals like oats.
Feeding tips

• If your baby won’t eat the cereal on the first try, offer it again in a few days.
• Remember, any food can cause an allergy or reaction. Watch for symptoms like difficulty in breathing, constipation, bloating, gassiness, diarrhea, vomiting, unusual daytime crankiness, skin rash, coughing, runny nose or watery eyes. If you see anything unusual in your baby when you add a new food, call your health care professional immediately, and discuss whether you should continue or wait a few weeks to progress in feeding solids.
Stage 2® (from about 6 months and older)
Every baby is different. Yours will let you know how much she needs to eat and what she likes or doesn’t. She’ll also eat different amounts on different days. This helpful guideline will help you plan her meals. Print it out and put it on your refrigerator for reference.

Feeding guidelines (approximate amounts per day)
Breast milk or formula – 24 to 32 ounces in five to six feedings, fed with meals or in between

Sample Menu Using Beech-Nut® Stage 1® or Beech-Nut® Stage 2®
Morning
• Prepared cereal (½ cup)
• Fruit (2 ounces)

Midday
• Meat (1 to 1-½ ounces)
• Vegetable (2 to 4 ounces)
• Fruit (2 ounces)

Midafternoon
• Fruit (2 ounces)

Evening
• Dinner (4 ounces), can be cereal or other food
• Fruit (2 ounces)

What to feed
• Breast milk or formula
• Pureed or strained fruits (bananas, pears, applesauce, peaches)
• Pureed or strained vegetables (carrots, squash, sweet potatoes)

Feeding tips
• Introduce new foods one at a time, with at least three days in between to make sure your baby’s not allergic.
Stage 3® (from about 8 months and older)
Every baby is different. Yours will let you know how much he needs to eat and what he likes or doesn't. He’ll also eat different amounts on different days. This helpful guideline will help you plan his meals. Print it out and put it on your refrigerator for reference.

Signs of readiness for solid and finger foods
• Picks up objects with thumb and forefinger (pincer grasp)
• Can transfer items from one hand to the other
• Puts everything in his mouth
• Moves jaw in a chewing motion

Feeding guidelines (approximate amounts per day)
Breast milk or formula – 20 to 24 ounces in four feedings, fed with meals or in between

Sample Menu Using Beech-Nut® Stage 1® or Beech-Nut® Stage 2® and Beech-Nut® Stage 3®
Morning
• Prepared cereal (½ cup)
• Fruit (6 ounces)

Midday
• Meat (2-½ ounces)
• Vegetable (4 to 6 ounces)
• Fruit (4 to 6 ounces)

Midafternoon
• Fruit (4 ounces)

Evening
• Dinner (6 ounces)
• Fruit (4 to 6 ounces)

What to feed
• Breast milk or formula, plus
• Small amounts of soft pasteurized cheese, yogurt, cottage cheese (but no cow’s milk until age 1)
• Mashed fruits and vegetables (bananas, peaches, pears, avocados, cooked carrots, squash, potatoes, sweet potatoes)
• Finger foods (lightly toasted bagels, cut up; small pieces of ripe banana; well-cooked spiral pasta)
• Small amounts of protein (egg yolk, pureed meats and poultry; tofu; well-cooked and mashed beans with soft skins like lentils, split peas, pintos, black beans)
• Non-citrus juice (apple or white grape)

Feeding tip
• Introduce new foods one at a time, with at least three days in between to make sure your baby’s not allergic.