

BABY NUTRITION

What do you feed babies between birth and age two?

More Tips for Healthy Babies

As you introduce babies to solid foods, be sure to offer the foods gently and slowly, watching to see whether the baby is still hungry.

Steer clear of these foods with an infant — they're not safe for babies!

- Honey
- Raw, unpasteurized milk
- Home-canned food

Help your baby stay active. Play together and encourage the baby to move his/her arms and legs. On that same note, limit time in strollers, bouncy seats, swings, etc so that the baby has plenty of opportunity to move.

The American Academy of Pediatrics recommends that babies get no screen time before the age of two.

What Do Babies Eat?

Here's a closer look at feeding recommendations from birth to age two...

- **Age 0-6 months:** Breast milk meets all the baby's needs at this time. Formula is also acceptable if the mother cannot breast feed.
- **Age 6-12 months:** Parents can supplement breast milk with healthful baby food, like rice cereal and pureed vegetables.
- **Age 12-24 months:** Supplement healthful solid foods with breast milk. Skip sugary drinks and offer water or plain milk. Offer a wide variety of foods to the baby and, as the baby grows, keep trying new foods.

