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and storing infant  
formula, and how  
much and how...

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Pureed fruit (apples,  
bananas, peaches)

Pureed meat

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(chicken, pork, beef)

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formula. 4 to 6  
feedings per day or  
28 to 32 ounces per  
day. 3 to 5 feedings

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per day or 30 to 32  
ounces per day. 3 to 5  
feedings per day or  
30 to 32 ounces per  
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breastfeeding, using  
formula, or doing  
both, you want to  
make sure your baby

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is getting all of the  
vitamins and  
nutrients he needs to  
grow big and strong.  
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Creates energy, helps  
the brain develop,  
keeps skin and hair  
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Infant Nutrition:  
What To Feed Babies  
During the First 6 ...  
Baby feeding



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On day one of life, your baby ' s stomach is the size of a marble and can only hold 1 to 1.4 teaspoons of liquid at a time. As your baby gets older, their stomach...

Baby Feeding  
Schedule: Tips for the  
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Starting solid foods is

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an exciting milestone for babies! But making sure your baby is getting the right foods at the right time can be tricky. The articles below can help you navigate the world of healthy eating for babies. If you have any questions about your baby's nutrition including

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concerns about your  
baby eating or  
drinking too much or  
too little talk with  
your pediatrician.

Nutrition -  
HealthyChildren.org  
Healthy baby food is  
a topic I feel very  
strongly about and  
will definitely step  
onto the soapbox for!  
Like many aspects of

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life, convenience doesn't equal quality (although I argue homemade baby food can be very convenient if you take a simple approach) and many of the current pre-made baby food options are definitely NOT the best first foods for babies!

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Baby Food | Wellness  
Mama

Baby Nutrition in the  
First Year: What to  
Feed Your Baby Now  
In addition to breast  
milk or baby formula ,  
here are the solid  
foods you can  
introduce to your  
baby ' s diet at each  
stage of ...

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## Baby 's Diet: The Right Foods for Each Stage

"The point is to get your baby used to a different type of eating," says W. Allan Walker, M.D., director of the Division of Nutrition at Harvard Medical School, in Boston.

Baby ' s First Foods:  
*Page 22/34*

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Solids | Parents

This Guide, primarily focused on nutrition for the healthy full-term infant, is a research-based resource for WIC staff who provide nutrition education and counseling to the parents and caregivers of infants (from birth to one

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Nutrition Guide  
(1 year old). It has been  
updated to reflect  
current research and  
guidelines about  
infant health,  
nutrition, and  
feeding.

Infant Nutrition and  
Feeding Guide | WIC  
Works Resource  
System  
Mix cereals and  
mashed cooked



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grains with breast milk, formula, or water to make it smooth and easy for your baby to swallow. Mash or puree vegetables, fruits and other foods until they are smooth. Hard fruits and vegetables, like apples and carrots usually need to be cooked so they can be easily mashed

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eater (ages 2 to 4) By  
Elizabeth Dougherty  
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for young children  
(ages 2 to 4) ... With  
thousands of award-

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winning articles and community groups, you can track your pregnancy and baby's growth, get answers to your toughest questions, and connect with moms, dads, and expectant parents just ...

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Hardcover – January

1, 2010 by J. J.

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4.7 out of 5 stars 28

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For an older infant (6  
to 12 months)

Continue to  
breastfeed for up to  
two years or more, as  
long as both you and  
your child want to.  
Continue to give your  
breastfed infant a  
vitamin D

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supplement of 10 µg  
(400 IU). At 6 months,  
breastfeeding is still  
your baby ' s main  
food source, but it is  
time to ...

Infant nutrition -  
Canada.ca

But homemade baby  
food is a popular  
option for parents  
who want to know  
exactly what goes

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into their baby's mouth -- and making it may be easier than you think.

Homemade Baby Food: Advantages of ...

Homemade Baby Food: A Guide to Making and Storing It By ages 8 months to 10 months, most babies can handle

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small portions of finely chopped finger foods, such as soft fruits, vegetables, pasta, cheese, well-cooked meat, baby crackers and dry cereal. What if my baby refuses his or her first feeding? Babies often reject their first servings of pureed foods because the taste and



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Solid foods: How to  
get your baby started  
- Mayo Clinic

WIC™ is the nutrition  
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