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• Infant Feeding: 6 - 12 months.

Now that the baby is tolerating fruits and cereals, it is time to introduce more variety that will be adequate for his age and will prevent environmental and food allergies. The following regimen is an overview from the guidelines set forth by the American Academy of Pediatrics.

Tips:

- The introduction of food must be one at a time, start each food once daily x 5 days, before offering the next food.
- Once the infant has tolerated each food, it may be given until the baby rejects it, this usually happens around 12 - 18 months of age.
- Feeding intervals should be every 4-5 hours per meal.
- Juices should always be given diluted  $\frac{1}{2}$  strength with water.

• 6 -7 MONTHS.

- a) Introduce mashed or strained yellow and green vegetables, natural or commercial baby food 2-3 tablespoons per day, **1 tablespoon = 3 teaspoons**. After 5 days, feed as much as the baby desires. Use the following order: carrots, squash, spinach, broccoli, green beans, zucchini, asparagus.
- b) After the vegetables, introduce white meats chicken and turkey,  $\frac{1}{2}$  cup of natural food or 1 jar of commercial baby food once daily. After 5 days, feed as much as the baby desires.

c) Introduce white grape juice 4 ounces once daily; and after 5 days follow with apple juice 4 ounces once daily; juices should always be diluted  $\frac{1}{2}$  strength with water.

d) Now advance to the 8 months diet. Do not stop the previous foods.

- 8 MONTHS.

a) Introduce red meats: mashed lean beef, lamb, strained liver, ham, about  $\frac{1}{2}$  cup of natural food or 1 jar of baby food once daily. After 5 days, feed as much as the baby accepts.

b) Follow with grains: mashed rice, beans, corn, about  $\frac{1}{2}$  cup of natural food or 1 jar of baby food once daily. After 5 days, feed as much as the baby accepts.

c) Introduce pear juice 4 ounces once daily; after 5 days follow with peach juice 4 ounces once daily; juices should always be diluted  $\frac{1}{2}$  strength with water.

d) Now, advance to the 9 months diet. Do not stop the previous foods.

- 9 - 10 MONTHS:

a) Introduce starches and carbohydrates, mashed, 1 cup once daily: potatoes, sweet potatoes, bread, pasta (noodles, spaghetti, pastina from Gerber), animal crackers, graham crackers, salt crackers, zweibacks.

b) Introduce egg yolk at 10 months of age, twice weekly.

Prior to 12 months of age, DO NOT introduce the following:

- 1) Citrus fruits and juices (orange, pineapple, grapefruit, lemonade, tomato)
- 2) Wheat cereal
- 3) Honey
- 4) Whole milk
- 5) Egg white

6) Fish

7) Chocolate, nuts, peanut butter.