

# Infant Diet Guidelines

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Age				
0-4 mo	<b>Breast Milk or Iron Fortified Formula</b>			
4-6 mo	<b>2 Meals Per Day - Start One New Item Every 3 Days</b>			
	Calories/ 4.2 fl. oz. container		Calories/ 1/2 oz. serving	
	<b>Juices</b>		<b>Dry Cereal</b>	
	Apple	60	Rice Cereal	60
	Apple-Banana	60	Mixed Cereal	60
	Apple-Prune	60	Barley Cereal	60
	Apple-Grape	60	Oatmeal	50
			High Protein Cereal	50
	<b>Vegetables</b>		<b>Fruits</b>	
	Squash	40	Applesauce	60
	Sweet Potatoes	80	Peaches	100
	Carrots	35	Banana	60
			Pears	70
6-12 mo	<b>3 Meals Per Day - Any Food is Acceptable (including all table foods) Except:</b>			
		1. Egg White                      3. Honey		
		2. Citrus (Orange Juice)		
	Calories/ Jar		Calories/ Jar	
	<b>Meats &amp; Eggs</b>		<b>Fruits</b>	
	Lamb	100	Apple Blueberry	80
	Pork	110	Applesauce/Apricots	70
	Turkey	120	Applesauce/Pineapple	60
	Veal	90	Apricots w/Tapioca	100
	Egg Yolks	190	Bananas w/Tapioca	100
	Beef	90	Bananas w/Pineapple	70
	Beef Liver	90	Pears & Pineapple	80
	Chicken	140	Plums w/Tapioca	100
	Ham	110	Prunes w/Tapioca	110
	<b>Vegetables</b>		<b>High Meat Dinners (30% Meat)</b>	
	Creamed Corn	90	Beef w/Vegetables	120
	Creamed Spinach	60	Chicken w/Vegetables	130
	Garden Vegetables	50	Ham w/Vegetables	100
	Mixed Vegetables	60	Turkey w/Vegetables	130
	Green Beans	40	Veal w/Vegetables	80
	Peas	60	Creamed Cottage	
	Beets	50	Cheese w/Pineapple	130
over 1 yr	<b>Start Whole Milk and continue until 2 years of age, then use 2% milk</b>			