POST 1
TIMELINE FOR FEEDING INFANTS:
Human Milk Recommendations and Introduction to Solids
First 6 months exclusively feed infant human milk. When not possible, complement or feed iron-fortified commercial formula.
At around 6 months introduce age-appropriate, nutrient-dense solid foods and continue to feed human milk and/or iron-fortified commercial formula when human milk is unavailable.
At 1 year can start to introduce plain cow milk (whole milk) or fortified unsweetened soy beverage and continue human milk for at least another year or as long as mutually desired. Do not offer toddler milk and toddler drinks.
POST 2
OFFER FOODS FROM ALL FOOD GROUPS, including traditional family’s foods
PROTEIN
Iron and zinc-rich protein sources include:
Tofu, fish, chicken, beef, eggs, shrimp, pork
VEGETABLES & FRUITS

Vitamins A and C, and potassium-rich sources include:
Banana, oranges, apples, Carrots, spinach, broccoli, Chinese broccoli, bok choy, cabbage
DAIRY

Before 12 months: yogurt, cheese, including soy-based yogurt
At 1 year of age: dairy products, including whole milk, yogurt, cheese, and unsweetened fortified soy beverages and soy yogurt
GRAINS
choose whole grains such as:
oatmeal, barley, multigrain bread,
rice cereal, brown rice, purple
rice, buckwheat noodles

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POST 3
WHEN SELECTING FOODS FOR TODDLERS

choose foods low in sugar and sodium
HIGH SUGAR FOODS INCLUDE:

- Kool Aid
- Capri Sun
- Gatorade
- Sprite
- Ramune
- Calpico
- Yakult

- Flavored yogurt
- Fruit flavored juice
CHOOSE FRESH OR LOW-SUGAR FOODS SUCH AS:

100% fruit juice

Plain yogurt topped with fruit
HIGH SODIUM FOODS INCLUDE:

- Processed or canned meats, spam
- Soy sauce, fish sauce
- Canned foods with added salt or sugar
CHOOSE FRESH OR LOW-SODIUM FOODS SUCH AS:

- **Low sodium spam**
- **Fresh meats, cook meat with no added salt**
- **Canned foods with no added salt or sugar**
- **Low sodium soy sauce, and diluting soy sauce and fish sauce with water**