POST 1

TIMELINE
FOR FEEDING INFANTS:

Human Milk Recommendations
and Introduction to Solids

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First 6 months

exclusively feed infant human milk. When not possible, complement or feed iron-fortified commercial formula.

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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

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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

POST 3

WHEN SELECTING FOODS FOR TODDLERS

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choose foods low in sugar and sodium

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HIGH SUGAR FOODS INCLUDE:

Flavored yogurt

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

Fruit flavored juice

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CHOOSE FRESH OR LOW-SUGAR FOODS SUCH AS:

Plain yogurt topped with fruit

100% fruit juice

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HIGH SODIUM FOODS INCLUDE:

Processed or canned meats, spam

Soy sauce, fish sauce

Canned foods with added salt or sugar

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CHOOSE FRESH OR LOW-SODIUM FOODS SUCH AS:

Low sodium spam

Fresh meats, cook meat with no added salt

Low sodium soy sauce, and diluting soy sauce and fish sauce with water

Canned foods with no added salt or sugar