



# FEEDING REGIME FOR INFANTS 2014

Age in months	Approximate number of meals per day*	Approximate size of serving in ml*	Skills acquired by an infant	Primary source of nutrition	Type and consistency of foods	Examples of foods	
<b>1</b>	7	110	<ul style="list-style-type: none"> <li>Suckling, swallowing.</li> </ul>	<p>Breastfeeding on demand feeding with modified milk.</p> <p>The goal that mothers should strive to achieve is to only breastfeed their babies for the first six months of their life.</p>	Liquids.	<ul style="list-style-type: none"> <li>Mother's breast milk or modified milk.</li> </ul>	
<b>2-4</b>	6	120 - 140	<ul style="list-style-type: none"> <li>Suckling, swallowing.</li> </ul>			Smooth purée and four dairy meals.	<ul style="list-style-type: none"> <li>Cooked, mixed vegetables, followed by fruit, as well as meat, eggs, mashed potatoes.</li> <li>Porridge, gluten-free gruels.</li> <li>Gluten in small quantities given no earlier than in the fifth and no later than in the sixth month.</li> <li>Water without any restrictions.</li> <li>Pure juices, fruit purees up to 150 ml per day, counted together with consumed fruits.</li> </ul>
<b>5-6</b>	5	150 - 160	<ul style="list-style-type: none"> <li>Fractioning of foods with the use of a tongue,</li> <li>strong suckling reflex,</li> <li>pushing food out of the mouth (transient),</li> <li>opening its mouth when the spoon is offered.</li> </ul>		Shredded and chopped variety of foods, products given to an infant's hand. Three dairy meals from 11th month.		<ul style="list-style-type: none"> <li>Mixed or finely cut meat and fish.</li> <li>Mashed cooked vegetables and fruit.</li> <li>Chopped raw fruit and vegetables.</li> <li>Soft pieces of vegetables, fruit, meat given to an infant's hand.</li> <li>Porridge, bread.</li> <li>Dairy products: kefir, yogurt, cottage cheese.</li> <li>Full cow's milk after the 12th month, can be used earlier in small quantities as a base for meals.</li> <li>Water without any restrictions.</li> <li>Juices as before.</li> </ul>
<b>7-8</b>	5	170 - 180	<ul style="list-style-type: none"> <li>Eating food off the spoon with its lips,</li> <li>Development and co-ordination allowing for independent eating.</li> </ul>				
<b>9-12</b>	4 - 5	190 - 220					

\* applies to infant feeding with modified milk. Approximate number of meals per day / Approximate size of serving in ml depends on the infant's individual needs and appetite as well as its weight gain. The regime prepared based on the recommendations of the Polish Society of Paediatric Gastroenterology, Hepatology and Nutrition.