

Oregon Agricultural College Extension Service

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FOOD FOR THE CHILD—FROM SIX MONTHS TO TWELVE MONTHS

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(Feed the baby regularly, if possible at the same hours each day.)

AT SIX MONTHS

- 6 a.m. Breast feeding.
- 9 a.m. Fruit juice, orange or tomato juice, $\frac{1}{2}$ teaspoon at first, increasing to 2 tablespoons. (Dilute the juice with an equal amount of water.)
- 10 a.m. Cereal, 1 to 2 tablespoons well cooked and strained, wheat, oat, or barley cereal followed by breast feeding. (Give cereal from spoon without milk or sugar increasing from 1 teaspoon at first to 2 tablespoons.)
- 2 p.m. Breast feeding.
- 6 p.m. Thoroughly dried and crisp toast or zwieback, $\frac{1}{2}$ slice followed by breast feeding.
- 10 p.m. Breast feeding.

AT SEVEN MONTHS

(Add to the foregoing)

- 2 p.m. Strained vegetable soup (see recipe) 1 to 4 ounces followed by breast feeding. (Soup may be given in bottle or from cup or with finely divided stale bread crumbs.)
- 6 p.m. Cereal as at 10 a.m. followed by breast feeding.

AT EIGHT MONTHS

(Add to the foregoing)

- 2 p.m. Strained vegetable pulp, 1 to 2 teaspoons in the soup at first. Later increase amount of pulp and decrease amount of soup, or give the pulp undiluted.

AT NINE MONTHS

(As above except that)

- 9 a.m. Strained prune or baked apple pulp and juice, 1 tablespoon, may be given occasionally in place of orange or tomato juice.
- 10 p.m. Omit feeding.
Begin weaning baby from breast to bottle feedings of modified cow's milk.

AT TEN TO TWELVE MONTHS

Gradually increase amounts of foods already introduced.

POINTS TO REMEMBER

1. Add to the baby's diet only one new food at a time and in very small amounts at first.
2. Vegetable soup or pulp after seven months is an important daily food for all babies.
3. Give the baby crisp toast or zwieback to bite every day after the first tooth appears. Learning to chew is an important business for every child.
4. As long as the baby is nursed, finish each meal with a breast feeding.
5. Offer the baby warm boiled water several times a day from a bottle or from a cup.
6. Bottle feedings during and for sometime after weaning should be modified cow's milk. Since the weaning time and the milk formula to be used will depend upon the age and physical condition of the baby, consult a physician and follow his instructions for weaning and for all bottle feedings.

RECIPES

Vegetable Soup

1 cup carrots, 1 cup turnips, $\frac{1}{4}$ pound spinach.

(Other vegetables may be used, such as chard, beet greens, celery, asparagus, cauliflower, string beans.)

Wash and prepare the vegetables for cooking. Cut or grind them fine. Cover with boiling water or rice water and cook until tender, but no longer. For young babies, at first use only the strained vegetable broth; later press the vegetables through a sieve, adding one or more tablespoons of pulp to a cup of broth.

Vegetable Pulp or Puree

Prepare vegetables as for vegetable soup. Add only enough water to prevent burning. Cook briskly until tender but no longer (spinach 10 to 15 minutes). Push through a fine sieve. (If any water is left in the kettle, give it to the baby with the pulp or save it for soup. Vegetable water contains valuable minerals.)

Cereals

	Water cups	Salt teaspoon	Time hours (at least)
1 cup farina	6-7	1	1
1 cup rolled oats	4-5	1	2
1 cup oatmeal	5-6	1	3
1 cup barley	5-6	1	1
1 cup corn-meal	6-7	1	3
1 cup entire wheat flour	5-6	1	1

Add cereal gradually to the boiling salted water in the top of the double boiler, stirring constantly to prevent lumping. Boil about three minutes, then place the mixture inside the lower part of the double boiler. Cover and cook the time required, or put into a fireless cooker over night. (Corn-meal put directly into cold water in a double boiler and cooked without stirring will not lump.) Strain cereal for babies under fourteen months of age.