

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, at the same hours each day.)

AT SIX MONTHS

- 6 a.m. Breast feeding.
- 9 a.m. Two tablespoons orange juice or tomato juice. (Orange juice or strained tomato juice should be given as early as two or three months, starting with $\frac{1}{2}$ teaspoon of juice diluted with 1 tablespoon of water. Increase gradually until the baby is taking 2 tablespoons.)
- 10 a.m. Cereal. Start with $\frac{1}{2}$ tablespoon of any well cooked cereal. Gradually increase to 3 tablespoons daily at nine months. As soon as the baby is accustomed to the cereal, mix a little cow's milk with it, and give it before the breast feeding.
- 2 p.m. One-half teaspoon vegetable pulp (see recipe).
Breast feeding.
One small piece of dry toast or zwiebach.
- 6 p.m. Breast feeding.
- 10 p.m. Breast feeding.

After six months if the baby is normal, one bottle feeding may be substituted for one breast feeding. Cow's milk is diluted at first at least one-half, then gradually increased to whole milk.

AT SEVEN MONTHS

(Add to the foregoing)

- 2 p.m. One teaspoon of vegetable pulp. Pulp may be mixed with finely divided stale bread toast crumbs.
- 6 p.m. Cereal as at 10 a.m.

AT EIGHT MONTHS

(Add to the foregoing)

- 2 p.m. Gradually increase vegetable pulp to 2 tablespoons undiluted.
Start giving egg yolk (lightly cooked, as coddled) giving only $\frac{1}{2}$ teaspoon or less, every other day, increasing to 1 teaspoon. Mix with vegetable pulp or stale bread, or egg may be given uncooked, added to a little cow's milk.

AT NINE MONTHS
(Add to the foregoing)

- 2 p.m. Gradually increase egg yolk until at one year the child is taking the whole egg.
- 6 p.m. One tablespoon strained prune or baked apple pulp and juice may be given occasionally but should not replace the orange juice given in the morning.
- 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 some time 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 Pulp or Puree

Cut or grind vegetables fine. Add only enough boiling water to prevent burning. Cook briskly until tender but no longer (spinach five to ten 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	Hours cooked (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.