

Infant Nutrition Cheat Sheet

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Normal Growth

Newborn: 10% weight loss, return to BW by 7-10 days

0-3mos: ~30g/day

3-6mos: ~15g/day, birth weight doubled by 6mos

6-12mos: ~10g/day, birth weight tripled by 12mos

Breastfeeding

AAP: Exclusive BF for 6mos until at least 1st birthday

Newborn: q2-3, 8-12x/day

1-6mos: ~24-30oz/day

6-12mos: decreases after adding solids to 16oz/day

Formula Feeding

Formula is 19-20kcal/oz,

1 part formula: 2 parts H₂O

Newborns: 10-30mL q2-3,

↑ to 2-3oz q2-4, 20oz/day

1mo: 3-4oz q3-4, ~24oz/day

2-4mos: 3-6oz 5-8x/day, ~30-32oz/day by 4 mos

4-6mos: 4-6oz, 4-6x/day

6-8mos: 6-8oz, 3-5x/day

8-12mos: 7-8oz, 3-4x/day

2.5oz of formula per every pound of body weight

Complementary Foods

Can start solids from 4-6mos if showing signs of readiness:

- Good head control
- Opens mouth when presented with food
- Able to move food from spoon to throat without tongue extrusion
- Big enough (doubled birth weight and at least 13 lbs)

Start slowly with pureed foods:

- One food item at a time
- Gradually add new foods

Finger foods added after 6mos:

- Once pureed foods tolerated

Never give juice, cow's milk, honey, unpasteurized dairy, or undercooked foods before 12mos

Iron Deficiency and Supplementation

Infants receiving >½ of feeds from breastmilk:

- **1mg/kg/day** of iron starting @ 4mos
- Until iron-containing foods started ~6mos

Formula-fed infants:

- **Iron-fortified formula** throughout 1st year

All infants at 12mos of age:

- **Screen** for iron deficiency & anemia

Vitamin D Supplementation:

Exclusively breastfed infants:

- **400IU** vit D per day
- Starting a **few days after birth**
- Until taking 32oz of formula or 1L of whole milk per day
- Can also supplement mom with 6400IU per day

Starting Allergenic Foods

Introduce allergenic foods* when solid foods started from 4-6mos:

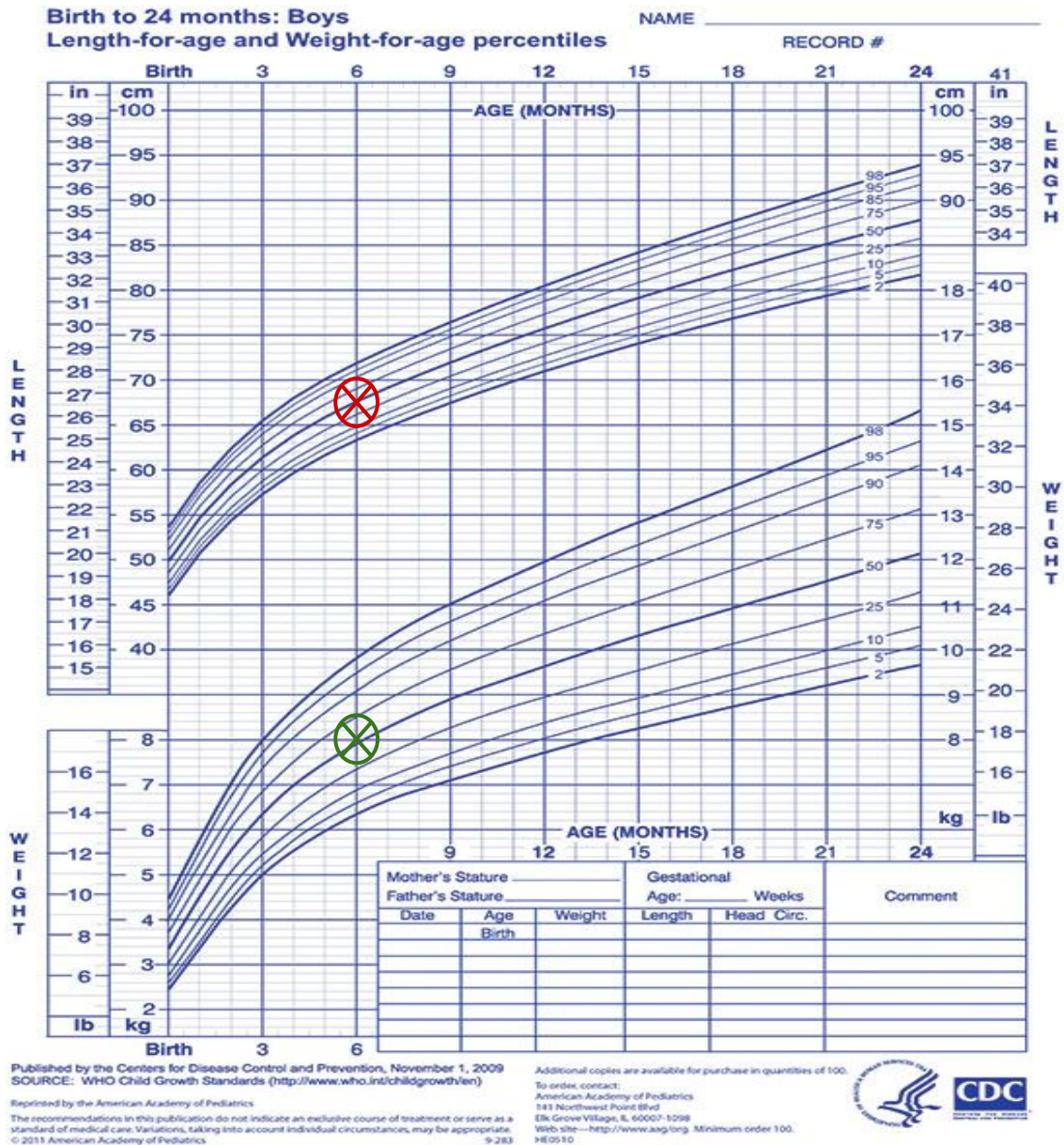
- Peanuts, tree nuts*
- Egg, soy, wheat*
- Fish, shellfish*

Allergist evaluation needed before starting allergenic foods if high risk* for food allergy:

- Mod-severe persistent eczema*
- Hx of allergic rxn after breastfeeding or eating certain complementary food*

Catch-up Formula Feeding Calculation

1. Current height = 50th %tile for what (corrected) age?
2. What is the 50th %tile (corrected) weight for the corrected age?
3. How many kcal/day (DRI) are needed for the **corrected age** and weight?
4. ÷ by the desired formula concentration (up to 24kcal/oz) to get oz/day



Dietary Reference Intake

Age	Kcal/kg/day
0 to 6 mos	108
7 to 12 mos	98
1 to 3 yrs	102

Example: 9mo M, 7.2kg, 67.5cm

1. **67.5cm = 50th %tile for 6mos**
2. **50th %tile for wt @ 6 mos = 8kg**
3. **108kcal/kg/day x 8kg = 864kcal/day**
4. **864kcal/day ÷ 24kcal/oz = 36 oz/day**