



## Your Sitter's nutrition

While breastmilk and/or infant formula is still your Sitter's main source of nutrition, this might also be the right time to broaden your little one's taste horizons with mixed fruits and veggies. Before introducing new tastes, make sure:

- She is used to eating foods from a spoon.
- She has already tried infant cereals and single fruit and vegetable purees.
- She has eaten most foods individually and shows no sensitivity.

Once your Sitter has mastered iron-fortified [baby cereal](#) and single fruit and vegetables [baby foods](#), try adding meat or poultry and combination baby food to give her the variety she needs.

## Foods for your Sitter's nutrition

You can introduce variety—while still keeping breastmilk or formula as her main source of nutrition. Early exposure to new foods and flavors is important to help with acceptance. Here is a helpful food chart that shows the suggested daily intake of food groups and examples of products that meet your [Sitter's nutritional needs](#) and will introduce variety to your sitter:

<b>Food Group</b>	<b>Amount Per Day*</b>	<b>Serving Size Example</b>	<b>Product Example</b>
Breastmilk or infant formula	24 fl oz.	On demand	Stage 1 Gerber® Good Start® Gentle Formula Stage 2 Gerber® Good Start® Gentle Formula
Grains and cereals	½ cup (8 Tbsp.)	Twice a day - ¼ cup (4 Tbsp.) dry infant cereal with Iron	Gerber® Single-Grain Cereals (Oatmeal, Rice) Gerber® Organic Oatmeal Cereal Gerber® DHA & Probiotic Cereals (Oatmeal, Rice) Gerber® Organic Rice Cereal Gerber® Whole Wheat Cereal
Vegetables	¼ cup	Twice a day - 2 Tbsp. vegetable puree baby food	Gerber® 2nd Foods® Vegetables Gerber® Organic 2nd Foods® Vegetables Gerber® 2nd Foods® Dinners
Fruits	¼ cup	Twice a day - 2 Tbsp. fruit puree baby food	Gerber® 2nd Foods® Fruits Gerber® Organic 2nd Foods® Fruits
Meat	½ oz.	Twice a day - 1 Tbsp. of puree baby food meat or poultry	Gerber® 2nd Foods® Meats

\* Your baby's needs may be greater or less than these stated; always follow your

baby's hunger and fullness cues

## **Iron is important for your Sitter's growth and development**

It's been found that around 18% of babies, ages 6 to 11 months, are not getting enough iron in their diet. Iron supports healthy brain development and helps your baby's red blood cells carry oxygen around her body.

At around the middle of the first year, the natural Iron supply, which babies are born with, runs out. Breastfed babies need supplemental Iron at this time, which can be found in iron-fortified baby cereal and pureed meats.