

Daily Food Guide for Infants 0 – 12 Months with Intestinal Failure

Food Group	Foods	Daily Amounts	Serving Size
Newborn – 4 months			
Your baby shows skills of rooting, sucking, and swallowing.			
Milk	Breastmilk	On demand	
	Formula	6 – 12 feedings	2 – 6 oz.
4 – 6 months			
Now your baby is holding his or her head up and only needs a little support when sitting up. This is a good time to start solids. Start with single ingredients meats/proteins first.			
Milk	Breastmilk	On demand	6- 8 oz.
	Formula	4 – 6 feedings	6 – 8 oz.
Protein	Strained/pureed chicken, beef, turkey, pork, beans, tofu	Offer	1-2 tbsp.
Vegetable	Strained/pureed vegetables	Offer	1-2 tbsp.
Grain	Iron fortified baby cereal *Avoid probiotic cereals	2 servings	1 – 2 tbsp.
Fruit	Avoid fruit and fruit juices. These can cause increased stool.		
6 – 8 months			
Your baby should have good head and body control, and be interested in putting toys in his/her mouth.			
Milk	Breastmilk	On demand	6 – 8 oz.
	Formula	4 – 5 feedings	6 – 8 oz.
Protein	Ground chicken, beef, turkey, pork, beans, tofu	2 servings	2 – 3 tbsp.
Vegetable	Mashed vegetables	2 servings	2 – 3 tbsp.
Grain	Iron fortified baby cereal Bread/crackers/cereal	2 servings Offer	2 -4 tbsp.
8 – 12 months			
To help work on development, your baby can start self-feeding small, soft finger foods.			
Milk	Breastmilk	On demand	
	Formula	3 – 4 feedings	6 – 8 oz.
Protein	Ground chicken, beef, turkey, pork, beans, tofu, eggs	2 servings	3 – 4 tbsp.
Vegetable	Mashed/soft vegetables	2-3 servings	3- 4 oz.
Grain	Iron fortified baby cereal Bread/cracker/cereal	2 servings Offer	3 – 4 tbsp. ½ slice

Guidelines for Starting Solid Foods for Children with Intestinal Failure

Beginning solid foods for children with intestinal failure is different from children with normal bowel function. There are many things to consider when offering solid food:

- It is important to keep track of stool consistency and output when your child starts eating solid food.
- Your child may not accept solid foods as readily as other children.
- Many times children are defensive about eating and it may take some time before they will take bites for you.

Remember your child's first bites are a new sensory experience. Your child may seem to not like or enjoy the food. This is a common reaction. Your child may gag, spit out food or make a face to show displeasure.

If you have questions regarding your child's skill in eating or acceptance of solids, please contact your medical team.

Signs That Your Child is Ready to Start Solid Foods

You may want to try solid foods if your child is:

- Gaining weight and growing well
- Maintaining good fluid balance and stool/ostomy output is stable
- Receiving more than half of his/her calories from enteral feedings.
- Able to hold his/her head and trunk with minimal support. For example, being able to sit in a high chair with minimal support.
- Shows interest in eating when others are eating.

Safety

- Talk to your doctor if your child has diarrhea or vomiting. Your child can become dehydrated with these conditions. Use Pedialyte® if your child is not taking breast milk/formula.
- **Remember that Pedialyte® is for temporary use to prevent dehydration. Pedialyte® should not be used in place of breast milk/formula for longer than 48 hours.**
- Your baby can choke on certain foods. Do not give your baby:
 - hot dogs
 - raw carrots
 - raisins
 - grapes
 - nuts
- Use warm running water to heat your child's bottle or food, or place it in a pan of water on the stovetop. Shake/stir and test the temperature before giving to your child.
- Do not heat baby's formula, breast milk, and/or food in the microwave because hot spots can develop leading to burns.
- Do not save leftover formula or baby food that has been fed directly to your baby. Bacteria can grow from your baby's saliva.
- Corn syrups and honey are not recommended during the first year of life due to an increased risk for botulism among children given these sweeteners.

Guidelines for Food Choices

- First food group should be single ingredient meats. Introduce a new food every 3 to 5 days. Watch for allergic reactions like rash, swelling, vomiting, diarrhea or trouble breathing.
- Second food groups offered are vegetables. You should use only plain single ingredient.
- Avoid all fruit, fruit juices and simple sugar foods like jams, jellies, snack cakes, fruit snacks and candies. They may cause an increase in stool or ostomy output.
- Begin working with a cup when your baby becomes more familiar with purees. You can offer breast milk/formula. Do not put any other liquids in a bottle except breast milk or formula. Please feed all solids with a spoon.
- Only offer foods that have nutritional value. That means that the ingredients should include protein, fat, and starch.
 - Avoid water and sugary foods. They offer no nutritional value and may increase stool/ostomy output. Talk with your doctor about giving water to your child.
- Ask your doctor when to start dairy products and or whole milk.
- Avoid egg whites, shellfish, and fish until after age one. Avoid peanut butter until after age two because of possible allergic reactions.
- Watch for signs that your baby is full. Do not force your child to drink or eat more if he/she shows signs of being full. Signs of being full include:
 - Closing mouth when offered a spoon or bottle.
 - Turning head away from the spoon or bottle.
 - Pushing spoon or bottle away.
 - Crying while you offer food.

Additional Comments:

RD Name: _____