Limited information exists from large, national samples in the US that can contribute to our understanding of the parental behaviors potentially leading to early childhood obesity. The purpose of this paper is to describe the infant feeding practices in terms of breastfeeding and use of milk substitutes as well as the introduction of complementary foods among infants and toddlers (aged 0–24 months) and to describe food group consumption patterns of these infants and young children (0–48 months) participating in the 2008 Feeding Infants and Toddlers Study (FITS). The FITS 2008 is a cross-sectional survey of a national sample of US children; this analysis includes 3,273 children. Results indicate a longer duration of breastfeeding based on a higher proportion of 9- to 12-month-old infants who were breastfed and a smaller proportion that were fed formula compared to the 2002 survey. However, 17% of infants received cow’s milk before the recommended age of 1 year. Introduction of complementary foods also appears to be delayed until about 4–6 months. There was a decline in consumption of infant cereal after 8 months (replaced by non-infant cereal) that may be contributing to iron deficiencies in the 9–11 months age group. Consumption of 100% juice in FITS 2008 (particularly among infants) and the daily consumption of desserts or candy, sweetened beverages (particularly among 12- to 20-month-olds), and salty snacks is lower than in the 2002 survey. Overall, 10–20% and 30% of children were not consuming any fruit or vegetable, respectively, in a given day. More preschoolers were drinking 2% milk than whole milk, but about one third were still drinking whole milk. Despite some of these positive changes, improvements in young children’s diet still are needed, in particular related to providing a rich source of iron to infants at 9–12 months, increasing the daily consumption of fruits and vegetables, as well as decreasing the intake of dessert, candy, salty snacks, and sweetened beverages that contribute discretionary calories.