

Infant Feeding Guide for Healthy Infants Birth to 8 Months Old

Adapted from the
New Jersey WIC Program

Foods	Birth to 3 months	4–6 months	6–8 months	Remember:
 Breast Milk	<ul style="list-style-type: none"> Breastfeed about 10–12 feedings per 24 hours in the 1st month About 8–10 feedings per 24 hours in the 2nd and 3rd months 	<ul style="list-style-type: none"> Breastfeed about 7–9 feedings in 24 hours 	<ul style="list-style-type: none"> Breastfeed about 4–6 feedings in 24 hours 	<ul style="list-style-type: none"> Your baby's bottle is for breast milk and/or formula. Do not use a microwave to heat breast milk or formula. Do not give your baby cow's milk for the first year of life. Babies need shots to protect them from diseases. Bring your baby's shot record each time you go to the WIC clinic. <p>Your baby may be ready to begin baby food or pureed food if he does all of the following:</p> <ul style="list-style-type: none"> Sits with help or support Doubled his birth weight and weighs >13 lbs. Is hungry after 8-10 breastfeedings or 32 oz. of formula in a day <p>When Starting Solids:</p> <ul style="list-style-type: none"> Add one new food at a time. Wait at least 5 days until you try another new food to give your baby time to adjust. That way if your baby has a reaction you will know which food caused it. If you buy jar baby food, choose plain meats, vegetables and fruits, then mix them to your baby's liking.
 Iron-fortified Infant Formula	<ul style="list-style-type: none"> 0–1 months: 18–24 oz 1–2 months: 22–28 oz 2–3 months: 24–32 oz 	<ul style="list-style-type: none"> 4–5 months: 25–40 oz 5–6 months: 25–45 oz 	<ul style="list-style-type: none"> 24–32 oz Offer cup 	
 Cereal & Breads	<ul style="list-style-type: none"> NONE 	<ul style="list-style-type: none"> Iron fortified infant cereal, by spoon. Start with 1–2 tablespoons rice cereal, mix with breast milk, formula or water, feed twice a day <p><i>Do not add sugar, corn syrup, or Karo syrup to foods. No honey for the first year.</i></p>	<ul style="list-style-type: none"> All varieties of plain, boxed infant cereal, (1–2 tablespoons) feed twice a day Slowly introduce crackers, dry unsweetened cereals, zwieback and toast 1 serving, feed twice a day 	
 Fruit Juices	<ul style="list-style-type: none"> NONE 	<ul style="list-style-type: none"> NONE 	<ul style="list-style-type: none"> 100% fruit juice with Vitamin C. Offer in child-size cup, 1–2 oz, twice a day 	
 Vegetables	<ul style="list-style-type: none"> NONE 	<ul style="list-style-type: none"> May begin strained vegetables at 5-6 months depending on developmental readiness 	<ul style="list-style-type: none"> Mashed winter squash, sweet peas, green beans, carrots and spinach, jarred or cooked 2 tablespoons, twice a day 	
 Fruits	<ul style="list-style-type: none"> NONE 	<ul style="list-style-type: none"> May begin strained fruits at 5-6 months depending on developmental readiness 	<ul style="list-style-type: none"> Fresh or cooked mashed banana, applesauce, jarred fruits Avoid fruit desserts 2 tablespoons, twice a day 	
 Protein Foods	<ul style="list-style-type: none"> NONE 	<ul style="list-style-type: none"> NONE 	<ul style="list-style-type: none"> Meats or poultry, plain, chopped, jarred (avoid meat/vegetable dinner combos), 1–2 tablespoons, twice a day Plain yogurt, 1–2 tablespoons/day 	
 Water	<ul style="list-style-type: none"> NONE 	<ul style="list-style-type: none"> NONE 	<ul style="list-style-type: none"> 2–4 oz, twice a day 	

Infant Feeding Guide for Healthy Infants 8 to 12 Months Old

Adapted from the
New Jersey WIC Program

Foods	8–10 months	10–12 months	Remember:
 Breast Milk	<ul style="list-style-type: none"> Breastfeed 4 or more feedings in 24 hours 	<ul style="list-style-type: none"> Breastfeed 3 or more feedings in 24 hours 	<p>Foods To Avoid in the First 12 Months:</p> <ul style="list-style-type: none"> Mixed dinners Bacon, lunch meats, hot dogs French fries Creamed vegetables Puddings Cookies, candy, cakes Sweetened drinks (iced tea, soda, Kool-Aid) <p><i>These foods contain too much fat and/or sugar and can hurt your baby's teeth!</i></p> <p>Foods That Can Cause Choking in Small Children:</p> <ul style="list-style-type: none"> Hot dogs Nuts Peanut butter Raisins Whole grapes Hard candies Berries Popcorn <p>Babies need shots to protect them from diseases. Bring your baby's shot record each time you go to the WIC clinic.</p>  <p>MISSISSIPPI STATE DEPARTMENT OF HEALTH</p>  <p>MISSISSIPPI WIC Women, Infants and Children</p> 
 Iron-fortified	<ul style="list-style-type: none"> 24–32 oz Offer cup 	<ul style="list-style-type: none"> 16–24 oz Offer cup 	
 Cereal & Breads	<ul style="list-style-type: none"> All varieties of plain, boxed infant cereal, 2–3 tablespoons, twice a day Soft breads such as plain bagels, rolls and muffins, or unsweetened dry cereal, 2–3 small servings 	<ul style="list-style-type: none"> Unsweetened dry cereal, toast, crackers, bread, bagels, rolls, plain muffins, rice and noodles 2–3 small servings 	
 Fruit Juices	<ul style="list-style-type: none"> 100% fruit juice with Vitamin C Offer in child-size cup 1–2 oz, twice a day 	<ul style="list-style-type: none"> 100% fruit juice with Vitamin C Offer in child-size cup 2 oz, twice a day 	
 Vegetables	<ul style="list-style-type: none"> Cooked, mashed vegetables Soft, bite-size pieces 3–4 tablespoons, twice a day 	<ul style="list-style-type: none"> Cooked, mashed vegetables Soft, bite-size pieces ¼ cup, twice a day 	
 Fruits	<ul style="list-style-type: none"> Peeled, soft, fresh fruits, or fruits canned in water or juice, such as bananas, pears and peaches Soft, bite-size pieces, no seeds 3–4 tablespoons, twice a day 	<ul style="list-style-type: none"> All peeled, soft, fresh fruits such as bananas, pears and peaches, melons, pineapples Canned fruit in water or juice Soft, bite-size pieces, no seeds ¼ cup, twice a day 	
 Protein Foods	<ul style="list-style-type: none"> Well-cooked, bite-sized pieces of meat, poultry or fish. Mild cheese Cooked beans, egg yolk, cottage cheese 2–3 tablespoons a day 	<ul style="list-style-type: none"> Strips of tender lean meats, chicken, fish, ground or chopped meats, and cheese strips 1 oz or ¼ cup, twice a day 	
 Water	<ul style="list-style-type: none"> 2–4 oz, twice a day 	<ul style="list-style-type: none"> 2–4 oz, twice a day 	