



Guidelines for Feeding Healthy Infants

(Note: These are general guidelines for the healthy, full-term infant; serving sizes may with vary with individual infants)

Age	Breast milk or Infant Formula	Grain Products	Juices	Vegetables	Fruits	Protein rich foods
Birth – 4 months	8 -12+ feedings (~108cal/kg body wt)	NONE				
4 -6 months	5 or more feedings of breast milk or formula (~108 cal/kg body wt)	Iron fortified infant cereals (1 - 2 Tbsp)	NONE	Plain strained or pureed cooked vegetables (1 – 2 Tbsp)	Plain strained or pureed fresh or cooked fruits (1 – 2 Tbsp)	Plain strained or pureed protein rich foods such as meats, egg yolk, and legumes may be introduced if an additional food source of iron is needed
		The American Academy of Pediatrics recommends exclusive breastfeeding for the first 6 months, while acknowledging that most infants are developmentally ready for the introduction of complementary foods during the first 4 to 6 months of life. Complementary foods should only be introduced during this age if the infant is developmentally ready .				
6 – 8 months	Breast: 3 – 5 feedings Iron-fortified Infant Formula: 24-32 oz (~98 cal/kg body wt)	Iron fortified infant cereals or enriched hot cereals (4 – 6 Tbsp) Dry toast, small pieces of crackers or dry breakfast cereals (4 – 6 Tbsp)	100 percent pasteurized fruit or vegetable juice 4 to 6 ounces per day, only from a cup	Plain strained or pureed cooked vegetables (3 - 4 Tbsp)	Plain strained or pureed fresh or cooked fruits (3 – 4 Tbsp)	Plain strained or pureed protein rich foods such as meats, egg yolk, and legumes (1 – 2 Tbsp)

Age	Breast milk or Infant Formula	Grain Products	Juices	Vegetables	Fruits	Protein rich foods
8 -12 months	<p>Breast: 3 – 4 feedings</p> <p>Iron-fortified Infant Formula: ~ 24 – 32 oz (~98 cal/kg body wt)</p>	<p>Iron fortified infant cereals or enriched hot cereals (4 – 6 Tbsp)</p> <p>Dry toast, small pieces of crackers or dry breakfast cereals and other grain products (4 – 6 Tbsp)</p>	<p>100 percent pasteurized fruit or vegetable juice 4 to 6 ounces per day, only from a cup</p>	<p>Plain pureed, mashed, or chopped cooked or junior vegetables (3 - 4 Tbsp)</p>	<p>Plain pureed, mashed, or chopped cooked fruits (3 -4 Tbsp)</p>	<p>Pureed or chopped lean meat, poultry, fish, egg yolk, cheese, yogurt, or mashed legumes (1 – 3 Tbsp)</p>
Comments	<p>By about 12 to 14 months, try to wean entirely off the bottle and onto a cup.</p> <p>An infant's health care provider may recommend feeding a small amount of sterile water (~ 4 to 8 oz per day) in a cup when complementary foods are introduced.</p>	<p>Examples of other grain products include zwieback, bread, noodles, mashed rice, corn grits, soft tortilla pieces.</p> <p>Avoid wheat cereals until 8 months.</p> <p>Do not add sugar or syrups to cereal.</p> <p>Never add honey to cereal or any foods.</p> <p>Avoid foods which may cause choking.</p>	<p>Avoid feeding soda, fruit punches, aides, and drinks, gelatin water, coffee, or tea.</p>	<p>It is not necessary to add salt, sugar, oil, butter, other fats, or seasonings.</p> <p>Avoid foods which may cause choking.</p>	<p>Do not add sugar or syrups to fruits.</p> <p>Never add honey to fruit or any foods.</p> <p>Remove seeds and pits from fruits.</p> <p>Avoid foods which may cause choking</p>	<p>Avoid fried meats, gravies, sauces, processed meats (hot dogs, luncheon meats, bacon, sausage).</p> <p>Check carefully for bones (especially in fish).</p> <p>Do not feed any shellfish, peanut butter, whole eggs, or egg whites before 1 year.</p> <p>Avoid foods which may cause choking.</p>

Source: WIC Infant Nutrition and Feeding Guide, 2007.