



Food to Grow On

• BIRTH TO 6 MONTHS •

The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months, and that breastfeeding continue for at least 12 months and beyond.

FOOD		BIRTH TO 4 MONTHS	4 TO 6 MONTHS	FEEDING TIPS
BREASTMILK OR IRON-FORTIFIED INFANT FORMULA		Breastfeeding: On Demand 8 to 12+ feedings Formula: 0 to 1 month 14 to 24 oz 1 to 4 months 22 to 32 oz	Breastfeeding: 5 or more feedings Formula: 26 to 39 oz	Babies need human milk or iron-fortified infant formula for the first year. The bottle is for breast milk, formula or water only. Growth spurts are times when your baby may drink more breast milk or formula than usual. Growth spurts usually happen around: <ul style="list-style-type: none"> • 2 to 4 weeks • 6 weeks • 3 months • 6 months
WATER		None	None	



INTRODUCTION OF SOLIDS AT AROUND 6 MONTHS

Feeding your baby solid foods is an exciting step. It is recommended to wait until your baby is around 6 months of age to start solids. Your health care provider may suggest starting earlier if your baby is showing signs of readiness. WIC does not provide food for your baby before 6 months of age.

Early introduction of solid foods before 4 months of age can:

- Cause choking
- Increase the risk of developing food allergies
- Cause infant to drink less than the appropriate amount of breast milk or formula

You will know your baby is ready for solid foods when he or she can:

- Sit up alone or with some support
- Control head and neck movement
- Open mouth when he or she sees food
- Keep tongue low to receive the spoon
- Keep food in their mouth and swallow, rather than pushing it back out

First Foods

Iron-fortified infant cereal fed by spoon is the best choice for your baby's first solid food.

- Start with 1 to 2 tablespoon(s) infant cereal mixed with breast milk, formula or water.
- Throw away uneaten cereal after each feeding.
- Only offer single grain infant cereals such as rice, barley or oatmeal. Rice cereal is the easiest for your baby to digest. Feed wheat or mixed grain infant cereals after 8 months of age.

Tips for Starting Solids:

- Always feed infant foods from a spoon.
- Add one new food at a time. Wait seven days before trying 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.
- Homemade baby food is easy to make and saves money. Homemade spinach, beets, turnips, carrots or collard greens should not be given to infants less than 6 months of age due to high levels of nitrates.
- Your baby will let you know when he is full. Turning head away from food, closing mouth, pushing food away and slowing down eating are signs your baby has had enough.
- Try to feed your baby when the rest of the family eats. Your baby wants to be a part of family meals too.
- Do not give your baby honey or foods that contain honey!

If your baby does not like certain foods, be sure to keep offering them occasionally. A baby's taste for food changes frequently.







Note: These guidelines are for the healthy, full-term infant; serving sizes may vary with individual infants. For additional information on infant feeding, please contact your local WIC office or your infant's physician.



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• 6 TO 12 MONTHS •

The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months, and that breastfeeding continue for at least 12 months and beyond.

FOOD		6 TO 8 MONTHS	8 TO 12 MONTHS	FEEDING TIPS
BREASTMILK OR IRON-FORTIFIED INFANT FORMULA		Breastfeeding: 3 to 5+ feedings	Breastfeeding: 3 to 4 feedings	
		Formula: 24 to 32 oz	Formula: 24 to 32 oz, Offer Cup	
	Babies need human milk or iron-fortified infant formula for the first year. The bottle is for breast milk, formula or water only.			
GRAIN PRODUCTS		Iron-fortified infant cereal or enriched hot cereals (4 to 6 Tbsp) Dry toast, small pieces of crackers or dry cereals	Iron-fortified infant cereal or enriched hot cereals (4 to 6 Tbsp) Bread, noodles, mashed rice, corn grits or soft tortilla pieces	
	Offer single grain infant cereals such as rice, barley or oatmeal. Avoid wheat cereal until 8 months of age.			
100% JUICE		100% pasteurized fruit or vegetable juice (4 oz max)	100% pasteurized fruit or vegetable juice (4 oz max)	
	Give juice only in a cup! It is best for your baby to receive nutrients from whole fruit rather than juice. WIC provides store bought infant fruit instead of juice at 6 months of age.			
VEGETABLES		Strained or pureed cooked vegetables or store bought infant vegetables such as winter squash, peas, green beans, carrots, spinach, sweet potatoes and broccoli (3 to 4 Tbsp)	Plain cooked, mashed or chopped vegetables in soft, bite size pieces (3 to 4 Tbsp)	
	FRUIT		Mashed fresh or pureed fruits such as banana, applesauce, peaches, or pears or store bought infant fruit (3 to 4 Tbsp)	Mashed or soft, bite size pieces of peeled fresh fruits or fruits canned in water or juice, such as bananas, pears, peaches and melon (3 to 4 Tbsp)
Avoid fruit desserts. Remove seeds and pits from fruit.				
PROTEIN-RICH FOOD		Well-cooked, plain, strained, pureed or store bought infant meats or poultry (1 to 2 Tbsp) Egg yolk, mashed beans, plain yogurt	Well-cooked, chopped or ground lean meats, poultry, fish, egg yolk, mild cheese, plain yogurt, cottage cheese, and mashed beans (1 to 3 Tbsp)	



Note: These guidelines are for the healthy, full-term infant per day; serving sizes may vary with individual infants. For additional information on infant feeding, please contact your WIC office or your infant's physician. These guidelines are recommendations from the USDA and can be located at www.nal.usda.gov/wicworks/Topics/Infant_Feeding_Guide.html.

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