

Food Guide for Infants

| Food Group | Birth to 3 months | 4 months to 6 months | 6 months to 8 months | Remember to.... |
|--|--|--|---|---|
| Breast milk | Breastfeed about 8-12 times per 24 hours | Breastfeed about 7-9 times in 24 hours | Breastfeed about 4-6 feeding in 24 hours | <ul style="list-style-type: none"> • Continue to breastfeed as long as you and your baby desire • Your baby's bottle is for breast milk, formula or water. NOT juice • Babies need breast milk or iron-fortified formula for the first year of life. Avoid cow's milk until the age of 12 months <p>When Starting Solids:</p> <ul style="list-style-type: none"> • Add one new food at a time • Wait at least 3-5 days until you introduce a new food • Never put food, including cereal, in the bottle <p>How many Tablespoons are in Jarred Baby Food</p> <p>5 Tbsp =  2.5 oz</p> <p>8 Tbsp =  4 oz</p> <p>12 Tbsp =  6 oz</p> |
| Iron-Fortified Formula | 0-1 mo: 12-24 oz/day 1-2 mo: 22-28 oz/day 2-3 mo: 24-32 oz/day 3-4 mo: 24-40 oz/day | 24-45 oz/day | 24-32 ounces/day Offer Cup | |
| Fruits  | None | None | <p>Fresh, jarred or cooked and mashed bananas, pears, avocados, and applesauce Approximately 2-8 tablespoons a day</p> <p>Avoid fruit desserts</p> <p>100% Fruit juice with vitamin C Limit to 2-4 oz. per day</p> | |
| Vegetables  | None | None | <p>Jarred or cooked squash, peas, green beans, carrots, sweet potatoes, and spinach</p> <p>Approximately 4-8 tablespoons per day</p> | |
| Proteins  | None | None | <p>Meats or poultry: plain, chopped, ground, cooked fresh or jarred (avoid dinner combos) Approximately 1-6 tablespoons per day</p> <p>Plain yogurt Approximately 2-4 tablespoons per day</p> | |
| Grains  | None | None | <p>All varieties of iron-fortified cereal (by spoon) mixed with breast milk or formula Approximately 4-8 tablespoons per day</p> <p>If ready, slowly introduce crackers, dry unsweetened cereals, and toast Approximately 2 serving per day</p> | |
| Water | None | None | 4-8 oz. per day | |

Food Guide for Infants

| Food Group | 8 months to 10 months | 10 months to 12 months |
|---|--|---|
| Breast milk | Breastfeed about 4 times in 24 hours | Breastfeed about 2-4 times in 24 hours |
| Iron-Fortified Formula | 24-32 oz./day Offer Cup | 16-24 oz./day Offer Cup |
| Fruits  | Peeled, soft, fresh fruit or fruit canned in water or juice such as bananas, pears, and peaches Soft bite-sized pieces, no seeds or pits Approximately 4-8 tablespoons a day | All peeled, soft, fresh fruits including melons, mangos and pineapple Canned fruit in water or juice Soft bite-size pieces, no seeds or pits Approximately 1/2 cup per day |
| Vegetables  | Cooked/mashed/chopped or soft bite-sized pieces (any vegetable) Approximately 4-8 tablespoons a day | Cooked, mashed, chopped or soft bite-sized pieces (any vegetable) Approximately 1/2 cup per day |
| Protein  | Cooked, soft, chopped, ground meat, poultry or fish Cooked beans, lentils, tofu or egg Cottage cheese and yogurt Approximately 1-6 tablespoons a day | Ground, chopped or bite-sized pieces of lean meat, poultry or fish Cooked beans, lentils, tofu and egg Cottage cheese and yogurt Approximately 1/2 cup per day |
| Grains  | Any variety of plain or mixed boxed infant cereal Approximately 4-8 tablespoons a day Unsweetened dry cereal, toast, crackers, and soft bread Up to 2 small servings per day | Whole grain, unsweetened, dry cereal, toast, crackers, breads, rice, noodles or other grains Approximately 2-3 small servings a day |
| Water | 4-8 oz. per day | 4-8 oz. per day |

Remember to....

- If you choose to give your baby juice, offer up to 4 oz. per day of 100% juice from a cup, diluted with water

Avoid Choking Hazards:

- Hot Dogs
- Peanut Butter
- Whole Grapes & Berries
- Nuts/Seeds/Raisins
- Popcorn
- Candy

Avoid high fat/sugar foods:

- Fast Food & French Fries
- Sweetened Drinks (Fruit Punch, Vitamin Water, Powerade, Gatorade, Hi-C Capri Sun, Kool-Aid)
- Snack (Cheetos and Chips)
- Candy & Cakes

Weaning from the Bottle:

- Between 10-14 months
- Gradually wean

Healthy Gums & Teeth:

- Wipe gums or teeth with clean cloth
- Make the first dental appointment at about a year

U.S. Department of Agriculture Center for Nutrition Policy and Promotion
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 150 copies of this public document were published at an estimated cost of \$0.80 per copy, for a total cost of \$120.00. Updated 10/2013