

## Infants & Nutrition Eating Guide

| Age                      | Foods to Begin  | Breast Milk or Formula   |
|--------------------------|---|--|
| <b>Birth to 4 Months</b> | <b>Breast Milk or Formulas with Iron.</b> All your baby needs the first 4 to 6 months. Continue to give throughout the first year.  | <b>Per day:</b><br>Breastfeed 6 to 10 times<br>Formula 20 to 36 ounces |
| <b>4 to 6 Months</b>     | <b>Plain Infant Cereal.</b> Feed cereal only from a spoon. Begin with rice cereal., 1 to 2 spoonful.  | <b>Per Day:</b><br>Breastfeed 5 to 6 times<br>Formula 32 to 40 ounces  |
| <b>6 to 7 Months</b>     | <b>Infant Fruit Juice.</b> Offer 2 to 4 ounces per day from a small cup. Infant juice has Vitamin C.<br><b>Plain Fruits and Cooked Vegetables.</b> Mashed and peeled, 2 to 4 spoonful. Orange vegetables and apricots have Vitamin A. | <b>Per Day:</b><br>Breastfeed 5 to 6 times<br>Formula 32 to 40 ounces  |
| <b>7 to 9 Months</b>     | <b>Protein Foods.</b> Mashed cooked dry beans, and diced plain soft meats, 1 to 2 spoonfuls.<br><b>Offer a Variety of Foods.</b> Baby may begin to feed self.   | <b>Per day:</b><br>Breastfeed 5 to 6 times<br>Formula 32 to 40 ounces  |
| <b>9 to 12 Months</b>    | <b>Finger Foods.</b> Toast, crackers, cooked vegetables, soft fruit.<br><b>Use Cup More for Drinking.</b> Water, juice, and formula with iron.  | <b>Per day:</b><br>Breastfeed 4 to 6 times<br>Formula 24 to 40 ounces  |
| <b>12 Months</b>         | <b>Whole Cow's Milk.</b> Give 3 cups per day. Replaces formula or can be used along with breast milk.<br><b>Wean from Bottle.</b> Use a cup for drinking.   | <b>Per day:</b><br>Breastfeeding may continue<br>Whole milk 24 ounces. |

### New Foods

- Start one new food at a time. Try 1 to 2 small spoonfuls at first. Wait 3 to 5 days before giving new food.
- Your baby may only want to touch a new food. This is normal. Try offering it again another day.
- Feed your baby from a dish rather than from the storage container or baby food jar. Babies saliva makes food thin and watery.
- There is no need to feed baby extra water unless it's extremely warm outdoors. Discuss this with a doctor if you are concerned.

## Caution

WIC does not recommend low iron formula. In the July 1999 issue of Pediatrics, the American Academy of Pediatrics wrote a statement on the use of low iron formula instead of iron-fortified formula. “Iron requirements in infancy:

For the first four months of life, babies use iron stored by their mothers during pregnancy. After that, they need iron from other sources. Low iron and anemia can cause weakness, fatigue, problems in the gut, and can interfere with learning. To prevent anemia, WIC provides iron fortified formula as well as iron-fortified infant and adult cereals.

The following are recommendations made by the American Academy of Pediatrics to be used by doctors when they consider formula:

1. Breast milk is preferred and the iron is better absorbed in breastmilk.
2. Infants fed formula should be given iron-fortified formula up to 12 months of age.
3. Low iron formulas should not be made and if they continue to make it, they should include a label saying “nutritionally inadequate”.
4. Low iron formula should not be used to treat colic, constipation, cramps, or reflux.
5. Iron fortified formula should have “with iron” removed from the label to avoid confusion.”

Please talk to your physician or WIC dietitian if you think your baby is not tolerating formula well.

