













Infant Feeding Guide for Healthy Infants

Birth to 8 Months Old

Foods	Birth to 3 Months	4-6 Months	6-8 Months	<i>Remember:</i>
Human Milk 	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	Breastfeed about 7-9 feedings in 24 hours	Breastfeed about 4-6 feedings in 24 hours	<ul style="list-style-type: none"> Your baby's bottle is for human milk, formula or water only. Do not give your baby Kool-Aid, Hi-C, soda or fruit punch. These fluids are mostly sugar and can hurt your baby's teeth. Babies need human milk or iron-fortified infant formula for the first year. Continue breastfeeding as long as you and your baby desire. <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. You'll get more for your money that way!
Iron-fortified Infant Formula	0-1 months: 18-24 oz 1-2 months: 22-28 oz 2-3 months: 24-32 oz	4-5 months: 25-40 oz 5-6 months: 25-45 oz	24-32 oz Offer cup	
Cereal & Breads 	NONE	<ul style="list-style-type: none"> Iron fortified infant cereal, by spoon. Start with 2-4 tablespoons rice cereal, mix with human milk, formula or water, feed twice a day 	<ul style="list-style-type: none"> All varieties of plain, boxed infant cereal, (2-4 tablespoons) feed twice a day Slowly introduce crackers, dry unsweetened cereals, zwieback and toast 1 serving, feed twice a day 	
		<ul style="list-style-type: none"> Do not add sugar, corn syrup, or Karo syrup to foods. No honey for the first year. 		
Fruit Juices 	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 	NONE	NONE	<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 	NONE	NONE	<ul style="list-style-type: none"> Fresh or cooked mashed banana, applesauce, jarred fruits Avoid fruit desserts 2 tablespoons, twice a day	
Protein Foods 	NONE	NONE	<ul style="list-style-type: none"> Meats or poultry, plain, chopped, jarred (avoid meat/vegetable dinner combos) 1-2 tablespoon, twice a day <ul style="list-style-type: none"> Plain yogurt, 1-2 tablespoons/day 	
Water	NONE	NONE	2-4 oz, twice a day	

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

Foods	8–10 Months	10–12 Months	<i>Remember:</i>
Human Milk 	Breastfeed 4 or more feedings in 24 hours	Breastfeed 3 or more feedings in 24 hours	Foods To Avoid in the First 12 Months: <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) <p><i>These foods contain too much fat and /or sugar!</i></p> Foods That Can Cause Choking in Small Children: <ul style="list-style-type: none"> • Hot dogs • Peanut butter • Whole grapes • Berries • Nuts • Raisins • Hard candies • Popcorn
Iron-fortified Infant Formula	24–32 oz Offer cup	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 <ul style="list-style-type: none"> • 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	2–4 oz, twice a day	2–4 oz, twice a day	

Every baby is different, check with your doctor or nutritionist to make sure your baby is getting what he/she needs. Adapted from the Massachusetts and Maine WIC Programs.