

# Guidelines for Feeding Healthy Infants, Birth to 1 Year Old

Adapted from: *the Infant Nutrition and Feeding – A Guide for Use in the WIC and CSF Programs*

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

Age	Breast Milk or Infant Formula	Grain Products	Juices	Vegetables	Fruits	Protein-Rich Foods
Birth-4 Months	Breastfeeding: 8-12 times  Iron-Fortified Infant Formula: 14-42 ounces (~108 kcal/kg body weight)	None				
4-6 Months	Breastfeeding: 5 or more times  Iron-Fortified Infant Formula: 26-39 ounces (~108 kcal/kg body weight)	Iron-fortified infant cereals or enriched hot 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, beans, peas and lentils may be introduced if an additional food source of iron is needed
		<b>Note:</b> WIC will not provide cereal, baby food fruits and vegetables or meats until the month the baby turns 6 months old. Juice will not be provided for infants.				
6-8 Months	Breastfeeding: 3-5 times  Iron-Fortified Infant Formula: 24-32 ounces (~98 kcal/kg body weight)	Iron-fortified infant cereals or enriched hot cereals (4-6 Tbsp)	100 percent pasteurized fruit or vegetable juice (2-4 ounces)	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, beans, peas and lentils (1-2 Tbsp)
		Dry toast small pieces of crackers, or dry breakfast cereals and other grain products (4-6 Tbsp)	*Juice offers no nutritional benefit over whole fruits and vegetables. If offered, it should be in a cup.			
8-12 Months	Breastfeeding: 3-4 times  Iron-Fortified Infant Formula: 24-32 ounces (~98 kcal/kg body weight)	Iron-fortified infant cereals or enriched hot cereals (4-6 Tbsp)	100 Percent pasteurized fruit or vegetable juice (2-4 ounces)	Plain pureed, mashed or chopped cooked vegetables (3-4 Tbsp)	Plain pureed, mashed or chopped cooked fruits (3-4 Tbsp)	Pureed or chopped lean meat, poultry, fish, egg yolk, cheese, yogurt, or mashed beans, peas or lentils (1-3 Tbsp)
		Dry toast, small pieces of crackers, or dry breakfast cereals and other grain products (4-6 Tbsp)	*Juice offers no nutritional benefit over whole fruits and vegetables. If offered, it should be in a cup.			