



Foods	Birth to 3 Months	4-6 Months	6-8 Months
Human Milk Breastfeed and/or bottle	1 st Month: Breastfeed about 10–12 feedings per 24 hours 2 nd and 3 rd Months: About 8–10 feedings per 24	7–9 feedings in 24 hours	4–6 feedings in 24 hours
Iron-Fortified Infant Formula	0–1 month: 18–24 ounces 1–2 months: 22–28 ounces 2–3 months: 24–32 ounces	32-40 ounces	24–32 ounces Offer cup
Cereal Breads	NONE	<ul style="list-style-type: none"> • Plain iron-fortified infant cereal, by spoon. • Offer 1-2 tablespoons mixed with human milk, formula, or water, 1-2 times per day 	<ul style="list-style-type: none"> • Plain iron-fortified infant cereal, by spoon. • Offer 2–4 tablespoons, 2 times per day • Slowly introduce crackers, dry unsweetened cereals, zwieback, and toast; 1 time per day
Water	NONE	NONE	1–2 ounces.; 2 times per day. Offer in small cup
Vegetables	NONE	NONE	<ul style="list-style-type: none"> • Mashed, cooked or baby food: Winter squash, sweet peas, green beans, carrots, and spinach • 2 tablespoons, 1-2 times per day
Fruits	NONE	NONE	<ul style="list-style-type: none"> • Mashed banana, applesauce, jarred fruits • 2 tablespoons, 1-2 times per day
Protein Foods	NONE	NONE	<ul style="list-style-type: none"> • Pureed or mashed: Plain meats, beans, poultry, tofu • 1–2 tablespoon, 2 times per day • Plain yogurt, 1–2 tbsps., 1-2 times per day

- ❖ No honey and no foods made with honey for the first year. Do not add sugar, corn syrup, or Karo syrup to foods. Avoid fruit desserts
- ❖ Your baby’s bottle is for human milk, formula, or water only. Do not give your baby sugar-sweetened drinks.
- ❖ It’s important to feed babies a wide variety of flavors and textures. Some babies need to try a new food up to 15 times to accept it.
- ❖ **Foods that can cause choking in young children:** Hot dogs, peanut butter, whole grapes, berries, nuts, raisins, hard candies, popcorn, chips
- ❖ Every baby is different, check with your doctor or nutritionist to make sure your baby is getting what he or she needs.

The American Academy of Pediatrics recommends early feeding of common allergy foods to reduce your baby’s food allergy risk.
See handout, Preventing Food Allergies in Infants.

WOMEN, INFANTS and CHILDREN (WIC) NUTRITION PROGRAM

Infant Feeding Guide for Healthy Infants • 8-12 months



Foods	8–10 Months	10–12 Months
Human Milk	Breastfeed 4 or more feedings in 24 hours	Breastfeed 3-4 times in 24 hours
Iron-fortified Infant Formula	24–32 ounces Offer cup	24–32 ounces Use cup more and bottle less
Cereal & Breads	<ul style="list-style-type: none"> All varieties of plain, infant cereal 2–3 tablespoons 2-3 times per day Soft breads such as plain bagels, rolls and muffins, or unsweetened dry cereal ½ bread slice, 2 crackers, 3-4 tablespoons pasta 	<ul style="list-style-type: none"> Unsweetened dry cereal, toast, crackers, bread, bagels, rolls, plain muffins, rice, and pasta 2–3 times per day
Water	2–4 ounces, 2 times per day. Offer in a small cup.	2–4 ounces, 2 times per day. Offer in a small cup.
Vegetables	<ul style="list-style-type: none"> Cooked, mashed vegetables Soft, bite-size pieces 2-3 tablespoons, 2 times per day 	<ul style="list-style-type: none"> Cooked, mashed vegetables Soft, bite-size pieces 3-4 tablespoons, 2 times per day
Fruits	<ul style="list-style-type: none"> All peeled, soft, fresh fruits, such as bananas, pears, peaches, and melons Canned fruit in water or juice. Soft, bite-size pieces, no seeds 2-3 tablespoons, 2 times per day 	<ul style="list-style-type: none"> All peeled, soft, fresh fruits such as bananas, pears, peaches, and melons Canned fruit in water or juice Soft, bite-size pieces, no seeds 3-4 tablespoons, 2 times per day
Protein Foods	<ul style="list-style-type: none"> Well-cooked, bite-sized, ground or chopped pieces of meat, poultry, fish Cooked egg, beans, cheese, cottage cheese, tofu 2–3 tablespoons per day 	<ul style="list-style-type: none"> Strips, ground or chopped tender lean meats, chicken, fish Cooked egg, beans, cheese, cottage cheese, tofu 3-4 tablespoons, 2 times per day