



DELAWARE WIC  
**INFANT FEEDING GUIDE**

AGE	BREAST MILK	IRON-FORTIFIED INFANT FORMULA	CEREALS & BREADS	VEGETABLES	FRUITS	PROTEIN FOODS
	 <p><i>Many newborns experience close feedings called "clusters" but will equal 8-12 feedings/day.</i></p> <p><i>Feed when baby shows signs of hunger.</i></p>	 <p><i>Always hold your infant when feeding.</i></p> <p><i>Feed when baby shows signs of hunger.</i></p>	 <p><i>Do not add sugar or corn syrup. No honey until age one.</i></p>	 <p><i>Do not add salt, butter or seasoning.</i></p>	 <p><i>Do not add sugar.</i></p>	 <p><i>Do not give gravy, fried or highly seasoned foods.</i></p>
0-3 MONTHS	<p><b>1ST MONTH</b> 8-12 times/day</p> <p><b>2ND &amp; 3RD MONTHS</b> 8-10 times/day</p>	<p><b>6-8 lbs:</b> 15-20 oz./day</p> <p><b>8-10 lbs:</b> 20-25 oz./day</p> <p><b>10-12 lbs:</b> 25-32 oz./day</p>	None	None	None	None
4-5 MONTHS	At least 8 times/day	25-45 oz./day	None	None	None	None
6-7 MONTHS	4-6 times/day <i>(Every 4-6 hours)</i>	25-32 oz./day <i>Start offering formula in a cup.</i>	Use breast milk or formula to prepare 4-6 Tbs. iron-fortified infant cereal 2 times/day. Feed with spoon. <i>Never put cereal in bottle.</i>	Start 1-2 Tbs./day plain strained, mashed or pureed cooked vegetables.	Start 1-2 Tbs./day plain strained, mashed or pureed fruits.	Start 1-2 Tbs./day plain strained, mashed or pureed meats or poultry. May add WIC-approved yogurt.
8-9 MONTHS	3-5 times/day	24-32 oz./day <i>Offer formula in a cup.</i>	Add varieties of plain iron-fortified infant cereals. Start plain crackers and bread. Start plain rice or pasta.	2-3 Tbs./day plain cooked vegetables mashed with a fork.	2-3 Tbs./day peeled <b>soft</b> fruit in bite-size pieces including bananas, pears, peaches. <i>Unsweetened canned fruit.</i>	May add cottage cheese, mild cheese & cooked mashed beans.
10-12 MONTHS	3-4 times/day	16-24 oz./day	Start mixed and high protein cereals after all plain cereals are tolerated. Start adult unsweetened cereals if baby has pincer grasp.	3-4 Tbs./day cooked bite-size vegetable pieces. Avoid vegetables that may cause choking such as peas, corn, vegetables with seeds.	3-4 Tbs./day fresh fruits peeled and in bite-size portions.	2-4 Tbs./day lean meat, fish & chicken (chopped or ground) Add cooked eggs.
	<i>Start whole milk at one year of age.</i>	<i>Start whole milk at one year of age.</i>			<i>Avoid sweetened desserts and foods with tapioca.</i>	<i>Avoid combination meat and vegetable baby foods.</i>

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