

Infant Feeding Guide: Typical Daily Portion Sizes (Serving sizes may vary with individual infants)

Age	Breastmilk/Infant Formula	Grain Products	Vegetables	Fruits	Protein-rich Foods
Birth to 6 Months	Only Human milk (or formula) is needed for the first six months				
6 to 8 months Start infant foods when developmentally ready, about 6 months. Start with 1/2 – 1 ounce of baby food and allow 3-5 days between the introduction of each new food.	Breastfeeding infants should continue to be breastfed, on demand. Approximately 24-32 ounces per 24 hours. Infants' intake of human milk/formula decreases as complimentary (baby foods) increase.	About 1 to 2 ounces Iron-fortified infant cereals, bread, small pieces of crackers Introduce one new single-ingredient food at a time to determine the infant's acceptance of the new food. Try plain cereal separately before mixing with other foods.	About 2 to 4 ounces Cooked plain and strained, pureed, or mashed vegetables	About 2 to 4 ounces Plain and strained, pureed, or mashed fruits	About 1 to 2 ounces Plain and strained, pureed, or mashed meat, poultry, fish, eggs, cheese, yogurt, or mashed beans
8 to 12 months	Provide guidance and encouragement to breastfeeding mothers and continue to support those mothers who choose to breastfeed beyond 12 months. Formula-fed infants take in approximately 24 ounces.	About 2 to 4 ounces Iron-fortified infant cereals Other grains include baby crackers, bread, noodles, grits, soft tortilla pieces	About 4 to 6 ounces Cooked finely and chopped or diced vegetables	About 4 to 6 ounces Finely chopped or diced fruits	About 2 to 4 ounces Ground, finely chopped or diced meat, poultry, fish, eggs, cheese, yogurt, or mashed beans

**Infants under 12 months of age should not consume juice unless clinically indicated. After 12 months, encourage fruit rather than fruit juice. Any juice consumed should be as part of a meal or snack from an open cup – not from bottles or sippy cups/transportable covered cups. Never offer more than 4 ounces of juice each day.*

Foods to avoid: Foods to avoid: Sodas, gelatin, coffee, tea, fruit punches, and “ade” drinks; cow’s milk (until 12 months); added salt, oil, butter, other fats, and seasoning; added sugar, syrup, and other sweeteners; fried foods, gravies, sauces, and processed meats. Honey should not be fed to infants under 12 months of age.

Food Safety Tips: Store-Bought Infant Food

Some WIC participants may assume that baby food purchased from the store is safe. However, this is not always the case. Even store-bought infant food requires safe handling.

- Buy clean and unopened containers; discard any containers that are stained or dented on the outside.
- For jars, make sure that the safety button on the lid is down. Discard any jars that don’t “pop” when opened or that have chipped glass or rusty lids.
- Do not purchase or use foods after the “use-by” date.
- Wash jars and containers with hot, soapy water before opening.
- Serve baby foods immediately. Store opened baby food in the refrigerator and use within 48 hours (use baby food meats within 24 hours).
- Do not freeze baby foods.
- Put baby food in a bowl. Do not feed from the jar.

Human Milk

Proper food safety procedures are essential when expressing, handling, and storing human milk. Unsafe handling and cleaning procedures can result in bacterial growth and illness.

- Wash hands before using them to express human milk.
- Collect human milk in clean, sterile containers.
- Label and date containers.
- Freshly pumped/expressed human milk may be stored at room temperature up to four hours.
- Refrigerate human milk up to four days.
- Freeze human milk up to six months.
- Milk may be thawed in several ways, such as holding the container under warm running water.
- Do not refreeze human milk; discard thawed human milk within 24 hours.
- Discard unused milk left in the bottle within one to two hours after the feeding.
- Never use a microwave to thaw or warm human milk. This practice is dangerous.

Formula

Formula is food that can spoil or go bad, and therefore, must be prepared, handled, and stored properly and in a sanitary manner to be safe for drinking. Babies can be exposed to harmful bacteria from a dirty environment, pets, and other family members.

- Importance should be placed on cleanliness during preparation, including keeping bottles, nipples, and other utensils clean and sanitary.
- Caregivers should always wash their hands before preparing formula, handling bottles, or feeding the baby.
- Water used for preparing formula must be from a safe source. The local health department can help determine if a household's tap water is safe to prepare formula.
- Follow the directions on the formula label for correct preparation, use, and storage, or instructions given by your healthcare provider.

Infant Hunger and Fullness Cues

	Hunger Cues	Fullness Cues
Birth to 3 months	<ul style="list-style-type: none"> • Opens and closes mouth • Brings hands to face • Roots around the chest of person holding baby • Makes sucking noises • Sucks on finger, lips, hands 	<ul style="list-style-type: none"> • Slows or decreases sucking • Falls asleep • Pushes/arches away • Turns head away from nipple • Extends/relaxes finger • Extends arms and legs
4 to 7 months	<ul style="list-style-type: none"> • Smiles, gazes at caregiver or coos during feeding to indicate wanting more • Moves head toward spoon or tries to swipe food toward mouth 	<ul style="list-style-type: none"> • Releases the nipple • Seals lips together • May be distracted or pays attention to surroundings more • Turns head away from the food
8 to 12 months	<ul style="list-style-type: none"> • Reaches for food or spoon • Points to food • Gets excited when food is presented • Expresses desire for specific foods with words or sounds 	<ul style="list-style-type: none"> • Eating slows down • Clenches mouth shut • Pushes food away • Shakes head to say "no more"



Helpful Tips

- Taking a bottle to bed or unsupervised use of a bottle or sippy cup holding any liquid other than water during the day should be discouraged as this can lead to cavities.
- Some infants have a challenging time adjusting to new food textures. They may cough, gag, or spit up when new foods are introduced. New foods must be introduced slowly.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA.

The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- (1.) Mail: U.S. Department of Agriculture,
Office of the Assistant Secretary for Civil Rights,
1400 Independence Avenue, SW,
Washington, D.C. 20250-9410 (2.)
Fax: 202-690-7442 or (3.)
Email: program.intake@usda.gov.

This institution is an equal opportunity provider.



5078

Revised 10/03/24

