

# 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
<b>Birth to 6 Months</b>	<b>Only Human milk (or formula) is needed for the first six months</b>				
<b>6 to 8 months</b> 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
<b>8 to 12 months</b>	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
<b>Birth to 3 months</b>	<ul style="list-style-type: none"> <li>• Opens and closes mouth</li> <li>• Brings hands to face</li> <li>• Roots around the chest of person holding baby</li> <li>• Makes sucking noises</li> <li>• Sucks on finger, lips, hands</li> </ul>	<ul style="list-style-type: none"> <li>• Slows or decreases sucking</li> <li>• Falls asleep</li> <li>• Pushes/arches away</li> <li>• Turns head away from nipple</li> <li>• Extends/relaxes finger</li> <li>• Extends arms and legs</li> </ul>
<b>4 to 7 months</b>	<ul style="list-style-type: none"> <li>• Smiles, gazes at caregiver or coos during feeding to indicate wanting more</li> <li>• Moves head toward spoon or tries to swipe food toward mouth</li> </ul>	<ul style="list-style-type: none"> <li>• Releases the nipple</li> <li>• Seals lips together</li> <li>• May be distracted or pays attention to surroundings more</li> <li>• Turns head away from the food</li> </ul>
<b>8 to 12 months</b>	<ul style="list-style-type: none"> <li>• Reaches for food or spoon</li> <li>• Points to food</li> <li>• Gets excited when food is presented</li> <li>• Expresses desire for specific foods with words or sounds</li> </ul>	<ul style="list-style-type: none"> <li>• Eating slows down</li> <li>• Clenches mouth shut</li> <li>• Pushes food away</li> <li>• Shakes head to say "no more"</li> </ul>



## 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.

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Fax: 202-690-7442 or (3.)  
Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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