These foods should not be fed to your baby:

- honey—This can cause food poisoning. Also, avoid foods made with honey such as honey graham crackers.
- corn syrup and other sweet syrups
- candies, chocolate, cake, and pie
- foods and drinks with artificial sweeteners
- soda and sweetened drinks
- all types of coffee and tea
- baby food desserts
- food with added spices, seasonings, salt, and fat such as french fries and breaded fried foods
- cheese made with raw (unpasteurized) milk
- meat spreads or smoked seafood found in the refrigerated section of the store

Eat Fish, Choose Wisely

Infants 8 months and older can eat 2 meals a week of a variety of fish that are lower in mercury. Each meal can be a portion size of 2 ounces.

Some fish low in mercury are: canned light tuna, catfish (farm-raised), pollock, salmon, shad, tilapia, whitefish, and whiting.

Due to their mercury content, do not eat the following: Shark, King Mackerel, Swordfish, Tuna, Orange Roughy, Blackfin Tuna, Little Tunny, and Cobia.

Check local advisories about the safety of fish caught by family and friends in your local lakes, rivers, and coastal areas. For more information about mercury in fish, visit: www.floridafish.gov/prevention/healthy-weight/nutrition/seafish-consumption/index.html

Be Wise...Immunize!

Babies need shots to protect them from disease. Bring your baby’s shot record each time you come to WIC. www.FloridaWIC.org

Florida Department of Health
WIC Program
This institution is an equal opportunity provider.

DH 150-90, 5/17

Food for Baby’s First Year

This pamphlet contains general guidelines for feeding healthy babies. Talk with the nutritionist or health care provider for more information on feeding your baby.

Pediatricians recommend babies be breastfed until at least 1 year of age or older.

If you are thinking about giving infant formula (artificial baby milk) to your breastfed baby, talk with the nutritionist or health care provider. Babies who are not breastfed need iron-fortified infant formula until they are 1 year old.

Birth to 6 Months

Breastfed Babies

Birth to 2 months:
8 to 12 oz breastfeedings per day
2 to 4 months:
8 to 10 oz breastfeedings per day
4 to 6 months:
6 to 8 oz breastfeedings per day

Formula Fed Babies

Birth to 1 month:
2 to 3 oz formula per feeding
8 to 12 feedings per day
1 to 4 months:
4 to 6 oz formula per feeding
6 to 8 feedings per day
4 to 6 months:
5 to 8 oz formula per feeding
5 to 6 feedings per day

When feeding with a bottle, always hold your baby: Do not put your baby to bed with a bottle or prop the bottle in your baby's mouth. Your baby could choke or could develop tooth decay.

Healthy babies under 6 months old do not usually need to be given water bottles. Check with your baby’s health care provider for more information.

Fruit Juice is not recommended for babies under 12 months of age.

Most infants are ready to eat baby cereal when they can hold their heads steady, sit with some support, and take cereal off a spoon.
Your baby should not be left under 12 months of age.

Fruit Juice is not recommended for babies over 6 months old who are eating a variety of foods may need to be given about 4 to 8 oz of plain water per day. There may be times when your baby needs to be given more water. Check with your baby’s health care provider for more information.

Water Babies over 6 months old who are eating a variety of foods may need to be given about 4 to 8 oz of plain water per day. There may be times when your baby needs to be given more water. Check with your baby’s health care provider for more information.

Fruit Juice is not recommended for babies under 12 months of age.

**Baby Food Tips**

- Buy only plain vegetables, fruits, and meats. These baby foods have a greater nutritional value when compared to baby food mixed dinners. Plain meats can be mixed with plain vegetables or fruits to make your own “mixed” dinners.
- Plain fruits should be served instead of baby desserts. Baby desserts contain added sugars and starches, and are low in vitamins.
- Feed your baby from a bowl, not from the jar. This way, the baby’s saliva on the spoon will not spoil the food left in the jar. Refrigerate any food left in the jar and use within 2 days; use meat or egg yolk within 24 hours. Any food left in the bowl should be thrown away.

**Prevent Choking**

Your baby should not be left alone when he or she is eating.

- These foods can cause choking and should not be given to your baby:
  - popcorn, chips, and pretzels
  - nuts, seeds, peanut butter, and nut butters
  - hard cookies, granola, and granola bars
  - raisins and other dried fruits
  - raw vegetables such as carrots and celery
  - large pieces of food
  - round shaped candies, gum drops, chewing gum, and marshmallows
  - hard pieces of fruit, whole grapes, whole cherries, and fruits with pits or seeds
  - hot, sticky breads that can “ball up” and cause choking
  - fish, chicken, or turkey with bones
  - hot dogs and sausages—These also should not be fed to babies because they are high in fat and salt.
  - “Baby food” meat sticks—These foods are not intended for infants under 1 year of age.

**Amount of Food per Day**

- **Baby Cereal:** 4 to 8 tablespoons per day
- **Other Grains:** crackers, whole wheat toast, noodles, brown rice, grits, and soft tortilla pieces
- **Vegetables:** ¼ cup—1 to 2 times per day
- **Fruits:** ¼ to ½ cup—2 to 3 times per day
- **Dairy:** yogurt and diced cheese
- **Protein Foods:** cooked lean meat, chicken, turkey, fish, beans, eggs, or tofu

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- **Protein Foods:** 1 to 6 tablespoons per day

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