

## If you feed your baby with a bottle:

**Make sure everything is clean:** This means hands, kitchen, and equipment. Sterilize new bottles and nipples before their first use. If you have chlorinated water, clean bottles in the dishwasher or by hand with warm, soapy water. Otherwise, boil nipples and bottles in water for 5 to 10 minutes.

**Formula preparation:** Talk with your baby's health care provider about the most appropriate water for your baby that is available in your area and whether that water should be boiled and cooled before mixing with infant formula. Follow the mixing instructions on the label or as given by your baby's health care provider. For information about water fluoridation, see the Florida Department of Health, Dental Health website at: [www.floridahealth.gov/programs-and-services/community-health/dental-health/fluoridation/index.html](http://www.floridahealth.gov/programs-and-services/community-health/dental-health/fluoridation/index.html).

**To reduce the amount of lead in the water:** Do not boil the water for longer than 2 minutes. Use only cold tap water and let the cold water run for 2 minutes before using it. Do not use hot tap water.

**Warming baby's bottle:** The best way to warm a bottle of formula is to place the bottle in a bowl of warm water for a few minutes, then shake the bottle. Use a prepared bottle of formula immediately. Throw away any formula left in the bottle after a feeding. Do not use a microwave oven to heat breastmilk or infant formula. The liquid heats unevenly, can get too hot, and can burn your baby's mouth.

**Storing formula:** Mixed formula that has never been heated may be stored in the refrigerator for up to 24 hours. Leftover, prepared formula that has been warmed should be thrown out and not re-refrigerated for future use. Store ready-to-feed and concentrated liquid formula covered in the original can in the refrigerator. Use within 48 hours of opening. Powdered formula, which is covered tightly with a lid, may be stored in a cool, dry place for up to 30 days.



## 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, Tilefish, 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.floridahealth.gov/programs-and-services/prevention/healthy-weight/nutrition/seafood-consumption/index.html](http://www.floridahealth.gov/programs-and-services/prevention/healthy-weight/nutrition/seafood-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.

Florida Department of Health  
WIC Program

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[www.FloridaWIC.org](http://www.FloridaWIC.org) DH 150-90, 1/16 Q5.16

# 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.

*In the United States, it is recommended that women with HIV or AIDS not breastfeed as the virus can be passed to their baby through breastmilk. If you do not know your HIV status, please ask your health care provider for an HIV test.*

## Birth to 6 Months

### Breastfed Babies

**Birth to 2 months:**

8 to 12 or more breastfeedings per day

**2 to 4 months:**

8 to 10 or more breastfeedings per day

**4 to 6 months:**

6 to 8 or more breastfeedings per day



**Most babies are ready to eat baby cereal when they can hold their heads steady, sit with some support, and take cereal off a spoon.**

### 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.

**Water** 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.

### Baby Cereal

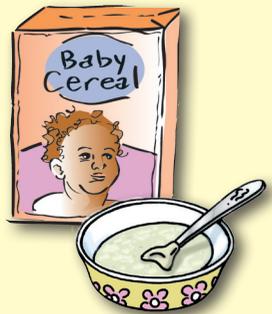
Begin iron-fortified baby cereal between **4 and 6 months**. For babies who are only breastfed, wait until about 6 months.

Start with a **single-grain baby cereal**. Mix dry cereal with breastmilk, infant formula, or water.

Feed the single-grain baby cereal for at least 1 week before offering another single-grain baby cereal. Once you have tried all of the single-grain baby cereals, you can offer mixed-grain baby cereal. As your baby grows, feed a variety of iron-fortified baby cereals to your baby.

Feed 1 to 8 tablespoons prepared cereal per day with a spoon, not in a bottle or infant feeder.

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



## 6 to 8 Months

### Breastfed Babies

4 to 6 or more breastfeedings per day

### Formula Fed Babies

6 to 8 oz formula per feeding

4 to 5 feedings per day

total of 27 to 32 oz of formula per day

- If your baby is both breastfed and formula fed, talk with the nutritionist or health care provider about your baby's feeding pattern.
- Feed your baby only one new food at a time. Wait a couple of days before giving another food. Then you can find out if your baby has a problem with the new food.
- As you begin to give your baby more solid foods, remember that he or she still needs breastmilk or formula every day.

### Amount of Food per Day

#### Baby Cereal

4 to 8 tablespoons or more per day of prepared cereal

#### Pureed Vegetables

4 to 8 tablespoons or more per day

#### Pureed Fruits

4 to 8 tablespoons or more per day

#### Protein Foods

1 to 6 tablespoons per day of pureed lean meat, chicken or turkey

**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.

## 8 to 12 Months

### Breastfed Babies

4 to 6 or more breastfeedings per day

### Formula Fed Babies

6 to 8 oz formula per feeding

4 to 5 feedings per day for ages 8 to 10 months

3 to 4 feedings per day for ages 10 to 12 months

total of 24 to 32 oz of formula per day

### Amount of Food per Day

#### Baby Cereal:

4 to 8 tablespoons or more per day of prepared cereal

**Begin whole wheat and mixed grain cereal.**

**Other Grains:** crackers, whole wheat toast, noodles, brown rice, grits, and soft tortilla pieces

¼ cup—2 times per day

**Vegetables:** ¼ to ½ cup—2 to 3 times per day

**Fruits:** ¼ to ½ cup—2 to 3 times per day

**Dairy:** yogurt and diced cheese ¼ cup—1 to 2 times per day

Wait until your baby is 1 year old to give him or her whole milk.

**Protein Foods:** cooked lean meat, chicken, turkey, fish, beans, egg yolk, or tofu ¼ cup—1 to 2 times per day

Wait until your baby is 1 year old to feed him or her egg whites and shellfish such as shrimp, clams, crab, scallops, and oysters.

### At 8 to 10 months

- Continue feeding pureed foods while starting your baby on some mashed and ground foods.
- Let your baby begin to eat some foods with his or her fingers.
- Feed your baby when the rest of your family eats. Eating with your baby will make him or her more likely to try new foods.

### At 10 to 12 months

- Continue feeding pureed, mashed, and ground foods while starting your baby on some soft, chopped foods.
- Let your baby begin to feed himself or herself with a spoon.
- As your baby begins to eat more solid foods and drink from a cup, he or she can be weaned from the bottle.



## 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.

### How many tablespoons are in a jar or container of baby food?

2½ oz = 5 tablespoons or about ⅓ cup

3½ oz = 7 tablespoons

4 oz = 8 tablespoons or ½ cup

6 oz = 12 tablespoons or ¾ cup

## 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
- peanut butter, nuts, and seeds
- hard cookies, granola, or 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, or 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.



## To make pureed baby food:

1. Prepare meats by removing the bones, skin, and visible fat.
2. Prepare fresh fruits and vegetables by scrubbing and peeling off the skin. Remove stems, pits, and seeds. Some fresh fruits, like bananas, and most canned fruits and vegetables don't need to be cooked before pureeing. Buy canned foods that have no added sugar, syrup, or salt.
3. Boil foods until soft, in just enough water to cover foods. Allow to cool. Puree food in a food processor or blender, adding small amounts of cooking water until mixture is smooth and creamy.



**Cut, grind, or mash hard-to-chew foods:**

- Cut round foods, like soft-cooked carrots, into short strips instead of coin-shaped slices.
- Grind tough meat.
- Mash or grind cooked beans, corn, and peas.
- Cut cheese chunks into very small, thin pieces.
- Cut grapes and cherries into very small pieces and remove skin, seeds, or pits.

