

Eat Fish, Choose Wisely

Infants 6 months and older can eat 1 to 2 servings a week of a variety of fish that are lower in mercury. The serving size is 1 ounce.

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, Bigeye Tuna, Blackfin Tuna, Little Tunny, Cobia, and Marlin.

If you eat fish caught by family or friends, check for local or state fish advisories. In Florida, some of the fish advisories say do not eat OR eat no more than once per month the following fish: Black Crappie, Chain Pickerel, Crevalle Jack, Great Barracuda, and Largemouth Bass.

Do not feed your baby these foods:

- honey—This can cause food poisoning. Also, avoid foods made with honey such as honey graham crackers and yogurt with honey.
- 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
- raw or partially cooked meat, poultry, fish, or eggs



WIC has nutrition and cooking information on the Internet!

Go to wichealth.org. Sign up and complete your profile using the **Family ID** on your WIC Verification of Certification card. Click **Start Lesson** and then choose a lesson. There are a wide variety of lesson topics. Also see **Health eKitchen** for new recipes.

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 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 breast milk. If you do not know your HIV status, please ask your health care provider for an HIV test.

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Prevent Choking

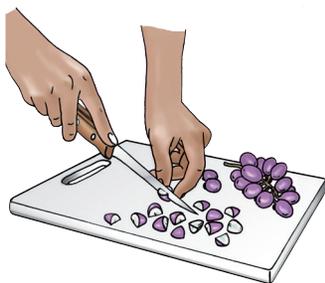
These foods can cause choking and should not be given to your baby:

- popcorn, chips, and pretzels
- ice cubes
- nuts, seeds, peanut butter, and nut butters (See [Starting Solid Foods](#) section on the inside of this pamphlet for more information.)
- 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 raw fruit, whole grapes, whole cherries, whole tomatoes, whole pieces of canned fruit, 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.



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, cherries, and tomatoes into very small pieces and remove skin, seeds, or pits.



Growth & Development

- There are milestones to expect at each age, which may vary with each child. For more information about developmental milestones, go to cdc.gov/MilestoneTracker.
- Discuss your child’s growth and development with your child’s health care provider.

Be Wise...Immunize

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

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.



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. Do not add more or less water to the formula than instructed to add.

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 breast milk 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 after opening.

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

Formula Fed Babies

Birth to 1 month

2 to 3 fluid ounces formula per feeding
8 to 12 feedings per day

1 to 4 months

4 to 6 fluid ounces formula per feeding
6 to 8 feedings per day

4 to 6 months

5 to 8 fluid ounces 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.

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

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.

Fruit Juice

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

Starting Solid Foods

For babies who are only breastfed, wait until about 6 months to **start solid foods**. For other babies, you can begin solid foods at 4 to 6 months of age. Within a few months of starting solid foods, your baby's daily diet should include a variety of foods such as a cereal, meats, vegetables, fruits, eggs, and fish, in addition to breast milk and/or formula.

When starting baby cereal, mix a single-grain dry baby cereal with breast milk, formula, or water. Feed 1 to 8 tablespoons prepared cereal per day **with a spoon**, not in a bottle or infant feeder.

When starting solid foods, begin feeding your baby foods that are least likely to cause an allergic reaction. These foods include baby cereal and pureed bananas.

Feed your baby only one new food at a time. Then wait 3 to 5 days before starting another food. After each new food, watch for any reactions such as diarrhea, rash, or vomiting. If you think your baby is having a reaction to the new food, stop feeding the food to your baby and talk to your baby's health care provider.

If your baby does well with the new foods, you can start to give foods such as pureed vegetables, fruits, beans, and meat. As long as you have no reason to think your baby is at risk for food allergies, you can introduce other foods such as yogurt, cheese, eggs, soy, wheat, fish, and shellfish. Talk to your baby's health care provider to find out if your baby can eat foods that contain peanuts.

Do not feed your baby whole nuts due to the risk of choking.

Do not feed your baby peanut butter or nut butters unless they are thinned and blended well into foods such as yogurt, baby cereal, or fruit puree.

Always make sure meat, fish, shellfish, and eggs are well cooked.

6 to 8 months

Breastfed Babies

4 to 6 or more breastfeedings per day

Formula Fed Babies

6 to 8 fluid ounces formula per feeding

4 to 5 feedings per day

total of 27 to 32 fluid ounces 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.
- As you begin to give your baby more solid foods, remember that he or she still needs breast milk 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, turkey, fish, eggs, or beans



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

Water

Babies over 6 months old who are eating a variety of foods may need to be given about 4 to 8 fluid ounces 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.

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 eggs 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?

2 ounces = 4 tablespoons or 1/4 cup

2 1/2 ounces = 5 tablespoons or 1/3 cup

4 ounces = 8 tablespoons or 1/2 cup

8 to 12 months

Breastfed Babies

4 to 6 or more breastfeedings per day

Formula Fed Babies

6 to 8 fluid ounces formula per feeding

4 to 5 feedings per day at 8 to 10 months

3 to 4 feedings per day at 10 to 12 months

total of 24 to 32 fluid ounces of formula per day

Amount of Food per Day

Baby Cereal

4 to 8 tablespoons or more per day of prepared baby cereal

Other Grains

¼ cup—2 times per day of crackers, whole wheat toast, noodles, rice, grits, or soft tortilla pieces

Vegetables

¼ to ½ cup—2 to 3 times per day

Fruits

¼ to ½ cup—2 to 3 times per day

Dairy

¼ cup—1 to 2 times per day of yogurt, cottage cheese, or cheese cut into small, thin pieces

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

Protein Foods

¼ cup—1 to 2 times per day of cooked lean meat, chicken, turkey, fish, eggs, beans, or tofu

Sample Daily Meal Plan

Early Morning

breastfeed or give 6 to 8 oz formula

Mid Morning

4 to 8 tablespoons prepared baby cereal or grits
4 tablespoons fruit

Noon Meal

breastfeed or give 6 to 8 fluid ounces formula
4 tablespoons vegetables
1 to 4 tablespoons protein food

Mid Afternoon

breastfeed or give 6 to 8 fluid ounces formula
crackers
cottage cheese or yogurt

Evening Meal

4 tablespoons vegetables
1 to 4 tablespoons protein food
4 tablespoons fruit
grains such as noodles or soft tortilla pieces

Before Bedtime

breastfeed or give 6 to 8 fluid ounces formula

Note: More breastfeedings per day may be needed, especially for younger babies.

Water

Babies over 6 months old who are eating a variety of foods may need to be given about 4 to 8 fluid ounces 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.



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.