





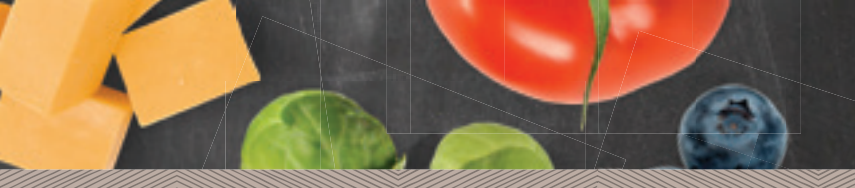




DELAWARE WIC
INFANT FEEDING GUIDE



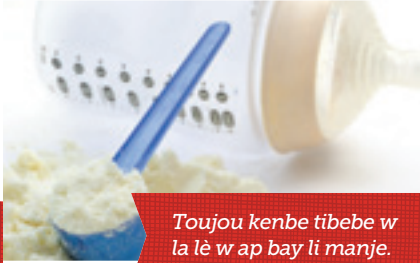




| AGE | BREAST MILK | IRON-FORTIFIED INFANT FORMULA | CEREALS & BREADS | VEGETABLES | FRUITS | PROTEIN FOODS |
|--------------|--|---|--|---|---|---|
| |  <p>Many newborns experience close feedings called "clusters" but will equal 8-12 feedings/day.</p> <p>Feed when baby shows signs of hunger.</p> |  <p>Always hold your infant when feeding.</p> <p>Feed when baby shows signs of hunger.</p> |  <p>Do not add sugar or corn syrup. No honey until age one.</p> |  <p>Do not add salt, butter or seasoning.</p> |  <p>Do not add sugar.</p> |  <p>Do not give gravy, fried or highly seasoned foods.</p> |
| 0-3 MONTHS | <p>1ST MONTH 8-12 times/day</p> <p>2ND AND 3RD MONTHS 8-10 times/day</p> | <p>6-8 lbs: 15-20 oz./day</p> <p>8-10 lbs: 20-25 oz./day</p> <p>10-12 lbs: 25-32 oz./day</p> | None | None | None | None |
| 4-5 MONTHS | At least 8 times/day | 25-45 oz./day | None | None | None | None |
| 6-7 MONTHS | 4-6 times/day (Every 4-6 hours) | 25-32 oz./day Start offering formula in a cup. | Use breast milk or formula to prepare 4-6 Tbs. iron-fortified infant cereal 2 times/day. Feed with spoon. Never put cereal in bottle. | Start 1-2 Tbs./day plain strained, mashed or pureed cooked vegetables. | Start 1-2 Tbs./day plain strained, mashed or pureed fruits. | Start 1-2 Tbs./day plain strained, mashed or pureed meats or poultry. May add WIC-approved yogurt. |
| 8-9 MONTHS | 3-5 times/day | 24-32 oz./day Offer formula in a cup. | Add varieties of plain iron-fortified infant cereals. Start plain crackers and bread. Start plain rice or pasta. | 2-3 Tbs./day plain cooked vegetables mashed with a fork. | 2-3 Tbs./day peeled soft fruit in bite-size pieces including bananas, pears, peaches. Unsweetened canned fruit. | May add cottage cheese, mild cheese and cooked mashed beans. |
| 10-12 MONTHS | 3-4 times/day | 16-24 oz./day | Start mixed and high protein cereals after all plain cereals are tolerated. Start adult unsweetened cereals if baby has pincer grasp. | 3-4 Tbs./day cooked bite-size vegetable pieces. Avoid vegetables that may cause choking such as peas, corn, vegetables with seeds. | 3-4 Tbs./day fresh fruits peeled and in bite-size portions. | 2-4 Tbs./day lean meat, fish and chicken (chopped or ground) Add cooked eggs. |
| | Start whole milk at one year of age. | Start whole milk at one year of age. | | | Avoid sweetened desserts and foods with tapioca. | Avoid combination meat and vegetable baby foods. |

The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months and that breastfeeding continue for at least 12 months and beyond.



DELAWARE WIC

GID POU BAY TIBEBE MANJE

| LAJ | LÈT TETE MANMAN | FÒTIFYE AK FÈ LÈT FÒMILA TIBEBE | SEREYAL & PEN | LEGIM | FWI | MANJE KI GEN PWOTEYIN |
|---|---|--|---|---|--|---|
|  <p>Tibebe ou a pa ka manje menm kantite an chak jou. Yo gen jou pou yo grangou ak jou pou dòmi, espesyalman y ap grandi.</p> |  <p>Anpil tibebe ki manje yon fason ki rele « gras » men li pral egal la 8-12 repa/jou.</p> <p>Bay tibebe ou manje lè li montre siy grangou.</p> |  <p>Toujou kenbe tibebe w la lè w ap bay li manje.</p> <p>Bay tibebe ou manje lè li montre siy grangou.</p> |  <p>Pa ajoute sik oswa siwo mayi. Pa bay siwomyèl jiskaske li gen yon lane.</p> |  <p>Pa ajoute sèl, bè oswa epis.</p> |  <p>Pa ajoute sik.</p> |  <p>Pa bay sòs, manje ki fri oswa ki gen anpil epis.</p> |
| 0-3 MWA | <p>1YE MWA 8-12 fwa/jou</p> <p>2YÈM AK 3YÈM MWA 8-10 fwa/jou</p> | <p>6-8 liv: 15-20 ons/jou</p> <p>8-10 liv: 20-25 ons/jou</p> <p>10-12 liv: 25-32 ons/jou</p> | Okenn | Okenn | Okenn | Okenn |
| 4-5 MWA | Omwen 8 fwa/jou | 25-45 ons/jou | Okenn | Okenn | Okenn | Okenn |
| 6-7 MWA | 4-6 fwa/jou (Chak 4-6 èdtan) | 25-32 ons/jou Kòmanse bay lèt fòmil nan yon tas. | <p>Itilize lèt tete oswa fòmil pou prepare 4-6 gwo kiyè sereyal pou tibebe ki fòtifye ak fè 2 fwa/jou. Bay li manje ak kiyè.</p> <p>Pa janm mete sereyal nan bibon.</p> | Kòmanse 1-2 gwo kiyè legim kwit senp kraze oswa pire. | Kòmanse 1-2 gwo kiyè/jou fwi senp kraze oswa pire. | Kòmanse 1-2 gwo kiyè/jou vyann senp kraze oswa pire. Ou ka ajoute yogout WIC apwouve. |
| 8-9 MWA | 3-5 fwa/jou | 24-32 ons/jou Bay lèt fòmil nan yon tas. | <p>Ajoute diferan kalite sereyal pou tibebe senp ki fòtifye ak fè. Kòmanse krakè ak pen senp. Kòmanse diri oswa pasta senp.</p> | 2-3 gwo kiyè/jou legim kwit kraze ak yon fouchèt. | 2-3 gwo kiyè/jou fwi mou kale an ti moso tankou fig mi, pwa, pèch. Fwi nan bwat konsèv ki pa sikre. | Ka ajoute fwomaj kaye, ti fwomaj ak pwa kraze kwit. |
| 10-12 MWA | 3-4 fwa/jou | 16-24 ons/jou | <p>Kòmanse sereyal melanje ki gen anpil pwoteyin apre li ka tolere sereyal senp yo. Kòmanse sereyal granmoun san sik si ti bebe ka kenbe.</p> | 3-4 gwo kiyè/jou moso legim kwit li ka manje. Evite legim fè li toufe tankou pwa, mayi, legim ki gen grenn. | 3-4 gwo kiyè/jou fwi fre kale ak nan ti gwochè li ka manje. | 2-4 gwo kiyè/jou vyann mèg, pwason ak poul (koupe oswa moulen) Ajoute ze kwit. |
| | Kòmanse lèt antye lè li gen yon lane. | Kòmanse lèt antye lè li gen yon lane. | | | Evite desè sikre ak manje ki gen tapioca. | Evite manje tibebe ki gen melanj vyann ak legim. |

Akademi Pedyatri Ameriken an rekòmande pou bay sèlman tete pou premye sis mwa yo epi ou ka kontinye bay tete jiskaske li gen omwen 12 mwa ak plis.

Enstitisyon sa a bay opòtinite egale pou tout moun.