



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
WIC Program

AGE	BREAST MILK	IRON-FORTIFIED INFANT FORMULA	CEREALS & BREADS	VEGETABLES	FRUITS	PROTEIN FOODS
						
Your baby may not eat the same amount every day. They have hungry days and sleepy days, especially during growth spurts.	Feed when baby shows signs of hunger. Many newborns experience close feedings called "clusters" but will equal 8-12 feedings/day.	Always hold your infant when feeding. Feed when baby shows signs of hunger.	Do not add sugar or corn syrup. No honey until age one.	Do not add salt, butter or seasoning.	Do not add sugar.	Do not give gravy, fried or highly seasoned foods.
0-3 MONTHS	1ST MONTH 8-12 times/day 2ND & 3RD MONTHS 8-10 times/day	6-8 lbs: 15-20 oz./day 8-10 lbs: 20-25 oz./day 10-12 lbs: 25-32 oz./day	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 <i>Start offering formula in a cup.</i>	Use breast milk or formula to prepare 4-6 Tbs. iron-fortified infant cereal 2 times/day. Feed with spoon. <i>Never put cereal in bottle.</i>	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 <i>Offer formula in a cup.</i>	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. <i>Unsweetened canned fruit.</i>	May add cottage cheese, mild cheese & 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 & chicken (chopped or ground) Add cooked eggs.
	<i>Start whole milk at one year of age.</i>	<i>Start whole milk at one year of age.</i>			<i>Avoid sweetened desserts and foods with tapioca.</i>	<i>Avoid combination meat and vegetable baby foods.</i>

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

This institution is an equal opportunity provider.