

## Tips for Feeding Your Baby

- **Breastfeeding is recommended for your baby's first year. Continue to breastfeed as long as you and your baby want. If using formula, iron-fortified formula is recommended for the first year.**
- **Bottles are for breastmilk, formula and plain water. Do not give your baby honey, fruit flavored juice, Kool-Aid, soft drinks, tea or coffee.**
- **Teach your baby to eat food from a spoon. Do not use an infant feeder.**
- **Offer small amounts of food at first. Slowly increase the amount as your baby gets older.**
- **Never force your baby to finish a bottle or food. Your baby is the best judge of how much to eat. Overfeeding can lead to weight problems.**
- **Choose plain, single ingredient foods when buying or making baby food.**
- **Your baby should be weaned from the bottle by one year of age. Continue breastfeeding as long as you and your baby want.**

## Keeping Your Baby Safe and Healthy

- **Do not put your baby to bed with a bottle.**
- **Add one new food at a time. Wait about 5 to 7 days before starting the next new food. If your baby has a problem with a food, you will know which one it is.**
- **Remove only enough baby food from the jar for one feeding. Throw away food left over in the feeding dish. Food left over in the jar should be tightly sealed and stored in the refrigerator.**
- **Throw away what is left in the bottle when your baby is finished.**
- **Babies can easily choke on nuts, seeds, popcorn, raw vegetables, peanut butter, meat sticks and hot dogs. Do not give these to your baby. Your baby and toddler should be closely watched when they are eating.**
- **Put your baby on his/her back to sleep.**
- **Keep your baby away from tobacco smoke.**

**For more information about the Tennessee WIC Program**  
<http://tn.gov/wic>

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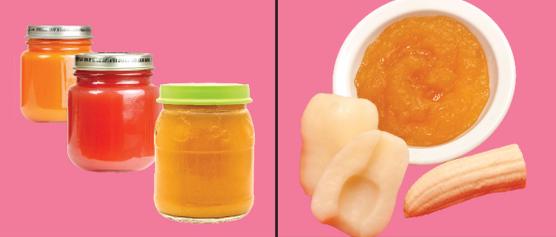
# 4 months to 1 year



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# FEEDING GUIDE FOR YOUR BABY

FOODS		4-6 Months	6-8 Months	8-12 Months
BREASTMILK		5 or more feedings in 24 hours	3 to 6 feedings in 24 hours	3 to 4 feedings in 24 hours
IRON-FORTIFIED INFANT FORMULA		26 to 39 ounces a day 5 to 8 ounces at each feeding, 5 to 6 times a day	24 to 32 ounces a day 6 to 8 ounces at each feeding, 4 to 5 times a day	24 to 32 ounces a day 6 to 8 ounces each feeding, 3 to 4 times a day
INFANT CEREALS & GRAINS		Baby cereal (single grain) begin with rice and then oatmeal or barley 1 Tablespoon twice a day	Baby cereal (single grain) rice, oatmeal or barley 2 to 3 Tablespoons twice a day	All varieties of baby cereal, 2 to 3 Tablespoons twice a day Bite size pieces of dry toast, crackers, soft tortillas, noodles, dry cereals 2 to 3 Tablespoons twice a day
VEGETABLES		NONE	Plain, single vegetable baby food in jar or pureed cooked vegetables 1 ½ to 2 Tablespoons twice a day	Plain, single vegetable baby food in jar or mashed or finely chopped cooked vegetables 2 Tablespoons twice a day
FRUITS		NONE	Plain, single fruit baby food in jar or pureed fruits 1 ½ to 2 Tablespoons twice a day Juices- 100% pasteurized fruit or vegetable juices 2 to 4 ounces a day	Plain, single fruit baby food in jar or mashed or finely chopped fruits 2 Tablespoons twice a day Juices- 100% pasteurized fruit or vegetable juices 2 to 4 ounces a day
PROTEIN FOODS		NONE	Plain, single meat baby food in jar or pureed cooked meats, mashed egg yolk, mashed beans 1 Tablespoon twice a day	Plain, single meat baby food in jar or mashed or finely chopped cooked meats, mashed egg yolk, mashed beans, cheese, yogurt 2 Tablespoons twice a day