



# New Jersey WIC Infant Feeding Guide



## Feeding Your 10-12 Month Old

Human milk and iron fortified formula will continue to be an important source of nutrition for your baby, even after you start offering solid foods. **Start offering whole milk when your baby is one year old.**

### Breastfed Infants



- Continue to breastfeed whenever your baby wants.
- The American Academy of Pediatrics (AAP) recommends continued breastfeeding with complementary foods for at least 2 years and beyond or as long as mom and baby desire.

### Formula Fed Infants

**16-32 oz.  
per day**

Your baby needs about **16-24 oz. per day** of iron fortified formula. Continue to offer formula in a cup. Your baby should be off the bottle by 12 months of age.



#### GRAINS

**4-8 Tbsp. per day.** WIC approved infant cereals. Dry toast, crackers, bread, bagels, rolls or plain muffins. Cooked rice and noodles.

#### VEGETABLES

**8-12 Tbsp. per day.** Cooked bite-size vegetable pieces.

#### FRUITS

**8-12 Tbsp. per day.** Fresh fruits, peeled and in bite-size portions.

#### PROTEINS

**4-8 Tbsp. per day.** Finely ground, chopped or diced meats, poultry, eggs, fish or cooked mashed beans.

# Feeding Your 10-12 Month Old cont.

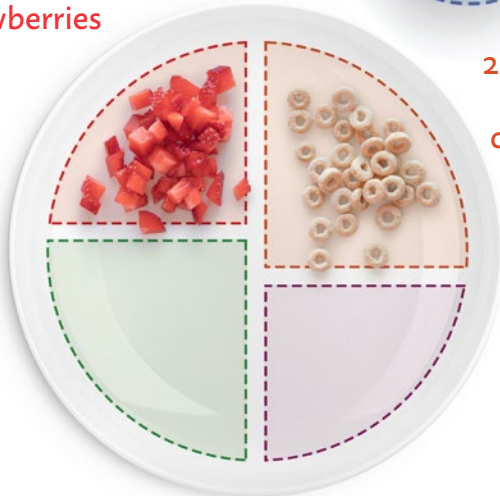
Here are some examples of what meal and snack portion sizes might look like on my plate.

## Breakfast

Breastmilk  
or formula



3 Tbsp. diced  
strawberries



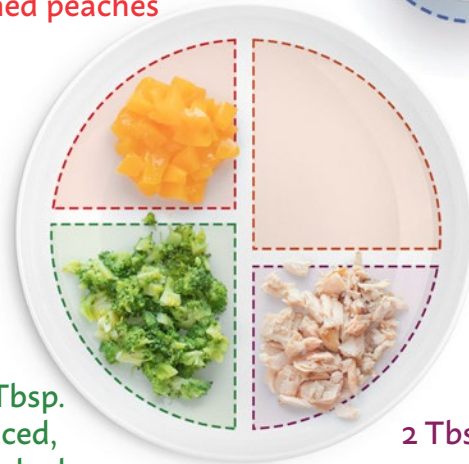
2 Tbsp.  
dry  
cereal

## Lunch

Breastmilk  
or formula



4 Tbsp. diced,  
unsweetened  
canned peaches



3 Tbsp.  
diced,  
cooked  
broccoli

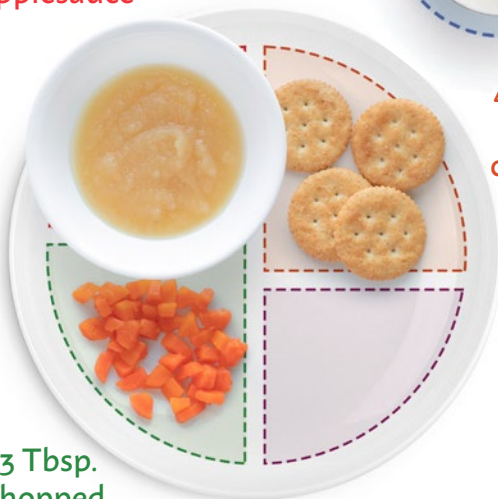
2 Tbsp.  
canned  
salmon

## Snacks

Breastmilk  
or formula



4 Tbsp.  
applesauce



4 whole  
grain  
crackers

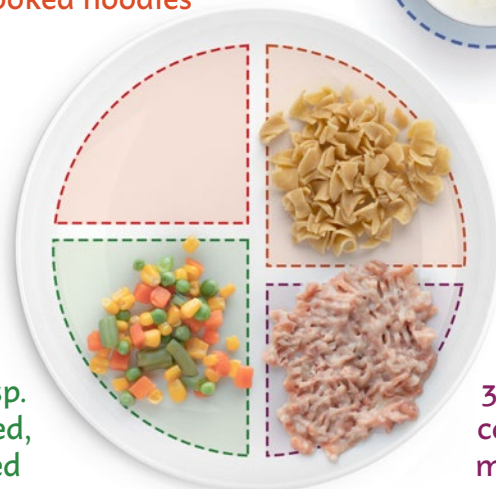
3 Tbsp.  
chopped,  
cooked  
carrots

## Dinner

Breastmilk  
or formula



3 Tbsp. chopped,  
cooked noodles



3 Tbsp.  
cooked,  
mixed  
vegetables

3 Tbsp.  
cooked,  
mashed  
pinto beans