



New Jersey WIC Infant Feeding Guide



Feeding Your 6-7 Month Old

- When you start to feed solids, always feed from a bowl with a spoon so your baby learns to eat correctly.
- Never put cereal or other solids in the bottle. Solids in the bottle will not help your baby sleep through the night and may cause choking or other health concerns.
- Begin to offer a cup.

Breastfed Infants



- Continue to nurse your baby when they are hungry.
- Babies may experience a growth spurt around 6 months of age and may breastfeed more often.
- Remember, your baby's first foods are intended to complement your breast milk and not replace it.
- Nursing your baby before offering solid foods will help protect your milk supply.

Formula Fed Infants

24-32 oz. per day Your baby needs about **24-32 oz. per day** of iron fortified formula. To begin the weaning process off the bottle, start to offer formula in a cup.

GRAINS

Use breast milk or formula to prepare **2-4 Tbsp. iron-fortified infant cereal** such as oat, barley, wheat and rice.

Offer twice per day. **2-4 Tbsp. of small pieces of dry bread and baby crackers.**

Finger foods may be added when your baby is ready, around 8 months. When ready, offer twice per day.

VEGETABLES

4-8 Tbsp. per day. Cooked, pureed, mashed vegetables such as peas, sweet potatoes, squash or carrots.

FRUITS

2-4 Tbsp. per day. Cooked, pureed, mashed fruits such as applesauce, peaches or bananas.

PROTEINS

2-4 Tbsp. per day. Plain strained, mashed or pureed meats, poultry, eggs, fish or legumes. May add smooth whole milk yogurt. Thinned, smooth peanut or nut butter.

Learn how to thin peanut butter by referencing the Tips section!

Feeding Your 6-7 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.
mashed
banana

2 Tbsp.
prepared
infant rice
cereal

Lunch

Breastmilk
or formula

3 Tbsp.
peas
puree

2 Tbsp.
chicken
puree

Snacks

Breastmilk
or formula

3 Tbsp.
apple
puree

Dinner

Breastmilk
or formula

2 Tbsp.
prepared
infant rice
cereal

3 Tbsp.
carrot
puree