



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.

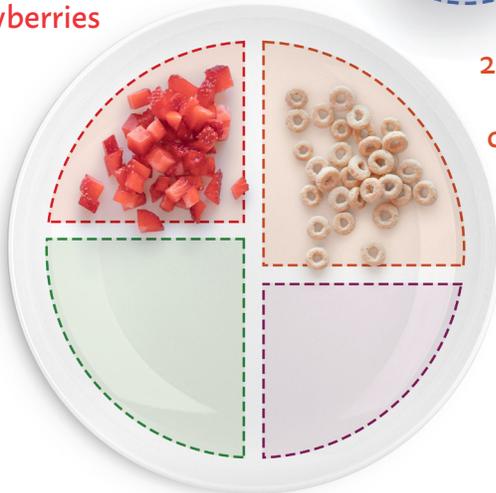
Here are some examples of what meal and snack portion sizes might look like on my plate.

Breakfast

Breastmilk
or formula



3 Tbsp. diced
strawberries



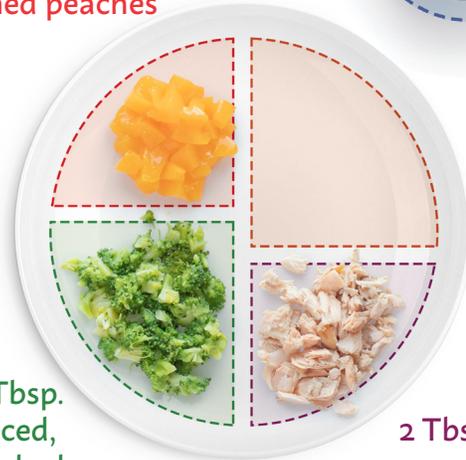
2 Tbsp.
dry
cereal

Lunch

Breastmilk
or formula



4 Tbsp. diced,
unsweetened
canned peaches



3 Tbsp.
diced,
cooked
broccoli

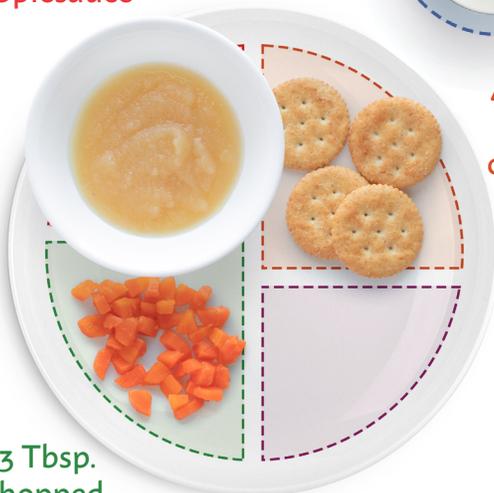
2 Tbsp.
canned
salmon

Snacks

Breastmilk
or formula



4 Tbsp.
applesauce



4 whole
grain
crackers

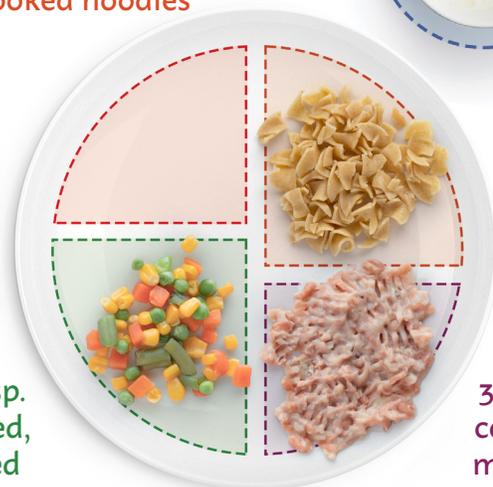
3 Tbsp.
chopped,
cooked
carrots

Dinner

Breastmilk
or formula



3 Tbsp. chopped,
cooked noodles



3 Tbsp.
cooked,
mixed
vegetables

3 Tbsp.
cooked,
mashed
pinto beans