



New Jersey WIC Infant Feeding Guide



Feeding Your 8-9 Month Old

- As your baby grows and learns new eating skills, try different textures and types of foods. Babies are naturally curious about new foods. If your baby does not like a new food on the first try, offer it again later.
- Babies learn about food by smelling, tasting and touching. It may take **10 times** before they will eat it.

Breastfed Infants



- Continue to nurse whenever your baby wants.
- If your baby seems less interested in nursing after you introduce solids, try nursing before you offer solids.
- Breastmilk is the most important source of nutrition for your baby, even after you start offering solid foods.
- Offer breast milk or water in a cup.

Formula Fed Infants

**24-32 oz.
per day**

Your baby needs about **24-32 oz. per day** of iron fortified formula. Offer formula in a cup.



GRAINS

4-8 Tbsp. per day. Plain iron-fortified infant cereals. Plain rice or pasta. Baby crackers, small pieces of bread or soft tortillas.

VEGETABLES

8-12 Tbsp. per day. Plain cooked vegetables, mashed with a fork.

FRUITS

8-12 Tbsp. per day. Peeled soft fruit in bite-size pieces. Unsweetened canned fruit.

PROTEINS

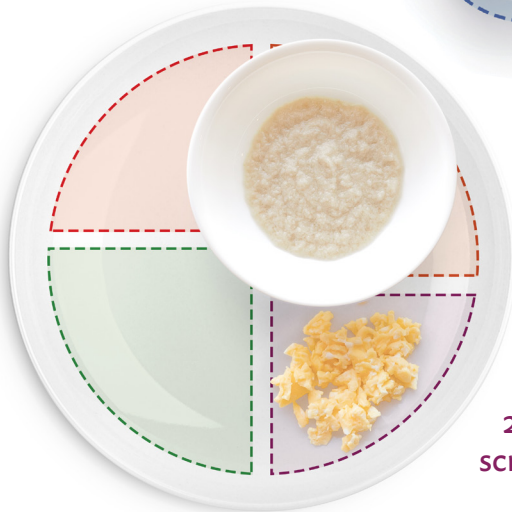
4-8 Tbsp. per day. Finely ground, chopped or diced meats, poultry, eggs, fish or cooked mashed beans. Cottage cheese or mild cheese. Smooth, creamy peanut butter, spread thin.

Feeding Your 8-9 Month Old cont.

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

Breakfast

Breastmilk
or formula

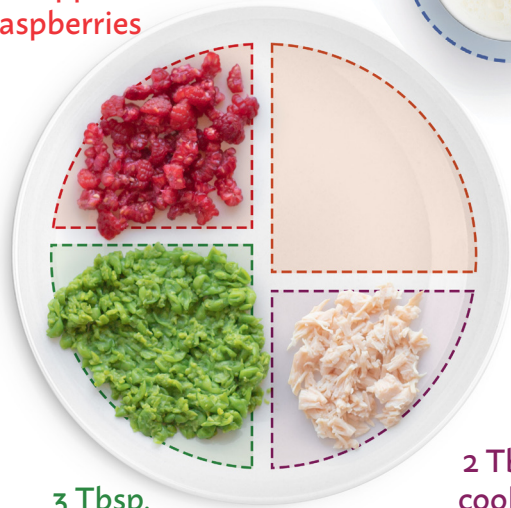


2 Tbsp.
prepared
infant
oatmeal
cereal

2 Tbsp.
scrambled
eggs

Lunch

Breastmilk
or formula



4 Tbsp.
chopped
raspberries

3 Tbsp.
cooked,
mashed
peas

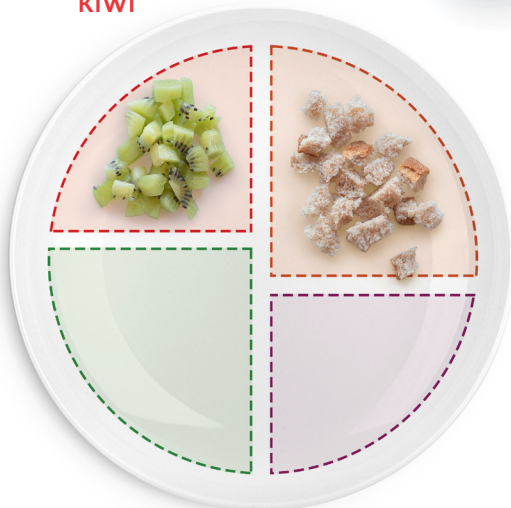
2 Tbsp.
cooked,
chopped
chicken

Snacks

Breastmilk
or formula



2 Tbsp. chopped
kiwi



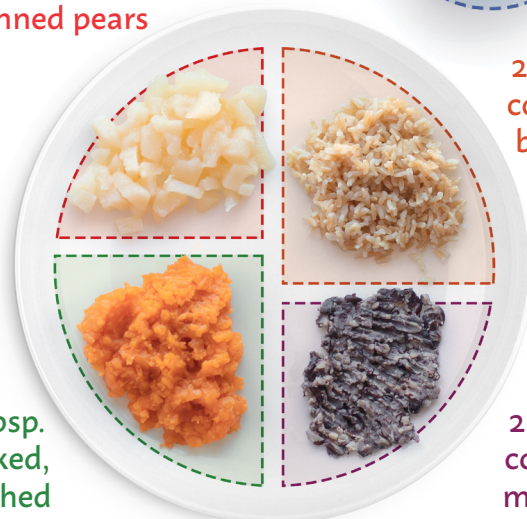
2 Tbsp.
wheat
bread,
small
pieces

Dinner

Breastmilk
or formula



4 Tbsp.
chopped,
unsweetened
canned pears



2 Tbsp.
cooked,
brown
rice

5 Tbsp.
cooked,
mashed
sweet potato

2 Tbsp.
cooked,
mashed
black beans