



New Jersey WIC Infant Feeding Guide



Feeding Your 0-3 Month Old

Newborns have tiny tummies and need to be fed often. Watch your baby's feeding cues. They will tell you when they are hungry and full. In the first few weeks, you may sometimes need to wake your baby to feed.

Feeding Cues

I'm Hungry



Sucking on hands or lip-smacking



Head turning to look for the breast



Opening and closing mouth

I'm Full



Relaxes their body and opens their fists



Turns away from your breast or nipple



Drifts off to sleep

Growth Spurts

All babies will experience many growth spurts in the first year. They can cause your baby to want to feed more often. Growth spurts typically happen when your baby is around **2-3 weeks, 6 weeks, 3 months** and **6 months old**. Growth spurts may not happen at the exact time, and every baby is different. Growth spurts usually last a few days.



2 to 3 Weeks



6 Weeks



3 Months



6 Months

Breastfed Infants



- Breastfeeding in the beginning is a time when you and your baby are learning. With time, you both will find it easier.
- Newborns breastfeed throughout the day and night about **8-12 times in 24 hours**. They are not on a schedule and love to feed often.
- Whether baby is breastfed or fed pumped breast milk, feed your baby when they show signs of hunger.
- Giving only breast milk for the first month will help you establish a good milk supply for the future.



During a growth spurt your baby may nurse longer and more often. **This is called cluster feeding.**

Feeding Your 0-3 Month Old cont.

Formula Fed Infants

When your baby is first born, they only need **1-2 oz. of iron-fortified infant formula at a feeding**. After the first week newborns usually take **2-3 oz. of formula every 3-4 hours**.

6-8 lbs.: 15-20 oz. per day

8-10 lbs.: 20-25 oz. per day

10-12 lbs.: 25-32 oz. per day

- By the end of the **first month**, your newborn may take up to **4 oz. every 4 hours**.
- Feed your newborn whenever they show signs of hunger.
- It is OK if your baby does not drink the whole bottle, let them tell you when they are done.



Paced bottle-feeding allows your baby to tell you when they are satisfied/full. For more information, ask your WIC Nutritionist or Breastfeeding Peer Counselor.



Scan the QR code to learn more about Paced Bottle Feeding by The Milk Mob.



Feeding Your 4-5 Month Old

Before teeth come in, wipe gums with a soft, clean washcloth after each feeding, especially before bed.

Breastfed Infants



- Breastfeed your baby whenever they show signs of hunger. The nutrient content of your milk will adjust to your growing baby's needs.
- When your baby starts teething, they may want to breastfeed more often.
- Babies love to look around at this age. Try a quiet space or darker room to nurse in if your baby is distracted.

**1 oz.
per day**

Babies usually gain about **1 ounce per day** or **½ lb a week** during the **first six months**.

Formula Fed Infants

**4-6 oz.
every
3-4
hours**

Your baby needs about **4-6 oz. of iron fortified formula every 3-4 hours**, a total of **25-45 oz. per day**.

Your baby may start to feed on a schedule. Instead of focusing on fixed amounts, let your baby tell you when they have had enough.

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 on page 6!

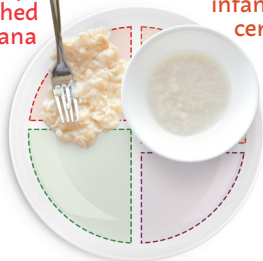
Here are some examples of what meal and snack portion sizes might look like on my plate.

Breakfast

Breastmilk or formula



3 Tbsp. mashed banana
2 Tbsp. prepared infant rice cereal



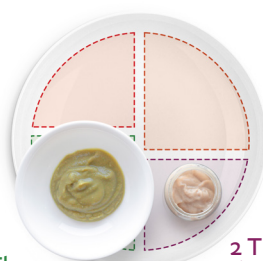
Lunch

Breastmilk or formula



3 Tbsp. peas puree

2 Tbsp. chicken puree

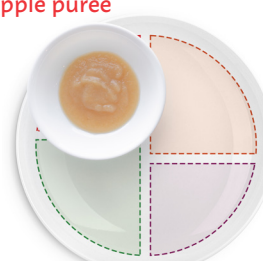


Snacks

Breastmilk or formula



3 Tbsp. apple puree



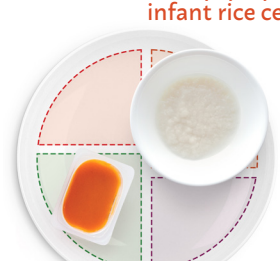
Dinner

Breastmilk or formula



2 Tbsp. prepared infant rice cereal

3 Tbsp. carrot puree



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.

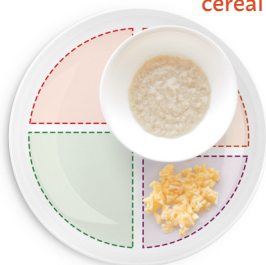
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Breakfast

Breastmilk
or formula



2 Tbsp. prepared
infant oatmeal
cereal



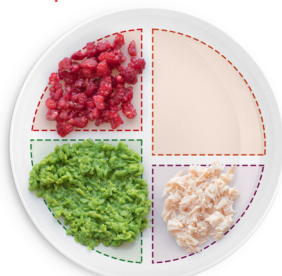
2 Tbsp.
scrambled eggs

Lunch

Breastmilk
or formula



4 Tbsp. chopped
raspberries



3 Tbsp.
cooked,
mashed
peas

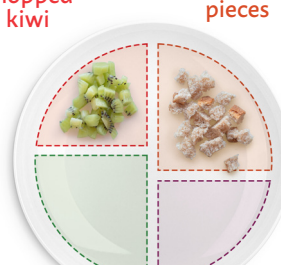
2 Tbsp.
cooked,
chopped
chicken

Snack

Breastmilk
or formula



2 Tbsp.
chopped
kiwi



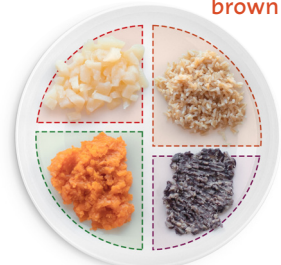
2 Tbsp. wheat
bread, small
pieces

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

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

16-24 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.

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

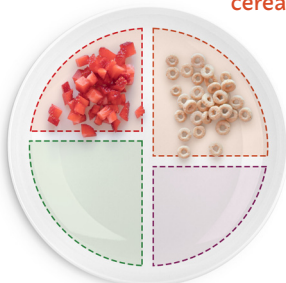
Breakfast

Breastmilk
or formula



3 Tbsp. diced
strawberries

2 Tbsp. dry
cereal



Lunch

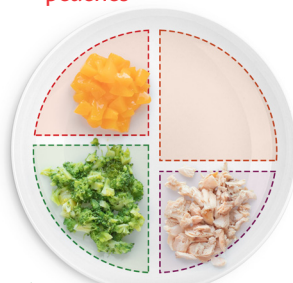
Breastmilk
or formula



4 Tbsp. diced,
unsweetened
canned
peaches

3 Tbsp.
diced, cooked
broccoli

2 Tbsp.
canned salmon



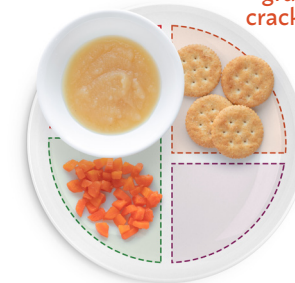
Snack

Breastmilk
or formula



4 Tbsp.
applesauce

4 whole
grain
crackers



3 Tbsp.
chopped,
cooked carrots

Dinner

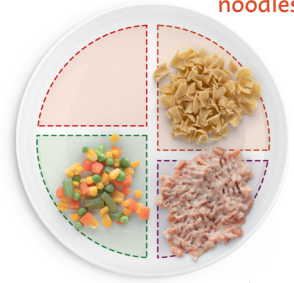
Breastmilk
or formula



3 Tbsp. chopped,
cooked
noodles

3 Tbsp.
cooked, mixed
vegetables

3 Tbsp.
cooked, mashed
pinto beans



Tips

Feeding Human Milk and Formula

Human milk or formula is all your baby needs for the first 6 months of life. Your baby's digestive system is not ready for anything else until about 6 months of age.

Nursing is natural but may take time and practice. WIC breastfeeding peer counselors can help you and support your breastfeeding journey.

If bottle feeding, offer a small amount at a time.

When mixing infant formula, make only the amount your baby will need at a feeding. This avoids wasting formula.

- Hold baby in an almost upright position, supporting the head and neck.
- Do not prop the bottle. Hold the bottle in a flat, sideways position so the nipple is half full of milk.
- Touch the nipple to baby's cheek or top lip and wait for baby to open their mouth wide. Do not force the bottle.
- After baby latches, do not lean them back or tilt the bottle up.
- Watch baby for pauses and lower the bottle so the nipple is empty but remains in the mouth to give baby breaks.
- If baby stops sucking, turns away or falls asleep, end the feeding. Never force your baby to finish a bottle.



The American Academy of Pediatrics recommends **exclusively breastfeeding for the first six months** and that breastfeeding **continue for 2 years, or longer**, as desired by mother and baby.

Feeding Solid Foods

Wait to offer solid foods until your baby:

Can sit up and hold up their own head.

Opens their mouth when they see food.

Can close their lips around a spoon.

- Try one new food at a time to watch for allergies. Wait 5 days before trying another new food.
- Food allergies may include wheezing, rash or diarrhea.
- Offer a variety of grain cereals (oatmeal, barley and rice) to your baby. There may be arsenic in rice cereal, offering different types is healthy for your baby.
- Once your baby has started solids, a small amount of water is a great choice to give in a cup at mealtimes. Your baby should not have juice or sugary drinks before they turn one.



Babies under one year should **NOT** have honey, cow's milk or other non-dairy drinks, or foods that can cause choking like nuts or whole grapes.

Introducing Peanut Butter

Research suggests offering thinned peanut butter to a baby may help prevent a peanut allergy later in life. This can be especially important for families with food or egg related allergies, like eczema or other skin issues. Talk with your baby's doctor about introducing peanut butter if your family has one of these conditions.

Introduce your baby to peanut butter around 6 months of age, after they have tried other solid foods. Watch your baby for any reaction for two hours after they try it.

How to Thin Peanut Butter

Mix peanut butter with water, formula, human milk or food:

- Thin 2 tsp. of peanut butter with 2-3 tsp. hot water, formula or human milk. Allow to cool before serving.
- Blend 2 tsp. of peanut butter into 2-3 Tbsp. of foods like infant cereal or pureed fruits, vegetables, chicken or tofu.
- Spread a small, thin smear of peanut butter on a cracker or toast stick.

All babies are different. To help reduce your baby's risk of allergies talk to their healthcare provider about introducing peanuts, eggs or other allergenic foods before your baby turns 6 months old.