

Infant Feeding Guide

	 0-1 months	 1-3 months	 4-6 months	 6-8 months	 8-12 months
Breast Milk	<ul style="list-style-type: none"> Breastfeed on demand At least 8-12 times in 24 hours Many wet and dirty diapers is normal 	<ul style="list-style-type: none"> Breastfeed on demand At least 8-12 times in 24 hours 	<ul style="list-style-type: none"> Offer every 3-4 hours At least 6-8 times in 24 hours An iron supplement may be needed. <p>Talk to your pediatrician</p>	<ul style="list-style-type: none"> Breastfeed first before offering food. Offer 4-5 times per day. Breastmilk is still baby's main food. 	<ul style="list-style-type: none"> Offer 3-5 times per day, more if desired. Try offering breastmilk in a cup.
Iron-Fortified Formula	<ul style="list-style-type: none"> Feed on demand 2-3 oz every 2-3 hours. Hold & talk to baby during feeding. Look for signs baby is full. 	<ul style="list-style-type: none"> Feed on demand 3-4 oz every 3-4 hours. (24-32 oz/day) 	<ul style="list-style-type: none"> 4-6 oz every 3-4 hours By 6 months, baby should consume 32 oz/day. Baby may start to settle into a feeding schedule. 	<ul style="list-style-type: none"> Offer formula before other foods. Offer 24-34 oz/day Formula is still baby's main food. 	<ul style="list-style-type: none"> Baby will consume about 24 oz/day. Try offering formula in a cup.
Grains (Single ingredient, iron-fortified infant cereal, bread, or pieces of cracker)	None		The Academy of Pediatrics recommends starting solid foods around 6 months of age , when baby shows signs of readiness.	<ul style="list-style-type: none"> 2-4 Tbsp. (1-2 oz) per day Iron - fortified infant cereals 	<ul style="list-style-type: none"> 4-8 Tbsp. (2-4 oz) per day Iron - fortified infant cereals and other grains
Fruit (ripe fruits such as bananas, papaya, pear, peaches)	None		Solid Food= Any food besides breastmilk or infant formula. Signs your baby may be ready for solid foods include:	<ul style="list-style-type: none"> 4-8 Tbsp. (2-4 oz) per day Plain, strained/pureed/ mashed Avoid desserts 	<ul style="list-style-type: none"> 8-12 Tbsp. (4-6 oz) per day Ground/finely chopped/ diced
Vegetable (Soft-cooked)	None		<ul style="list-style-type: none"> Can hold his head steady. Can sit up with some help. Opens his mouth when you offer a spoon and show he wants food. Can close his lips around the spoon and swallow food. 	<ul style="list-style-type: none"> 4-8 Tbsp. (2-4 oz) per day Plain, strained/pureed/ mashed 	<ul style="list-style-type: none"> 8-12 Tbsp. (4-6 oz) per day Ground/finely chopped/ diced
Protein (Well-cooked meat, chicken, turkey, egg, fish)	None		<ul style="list-style-type: none"> Can close his lips around the spoon and swallow food. <p><i>Offering solid foods too early may lead to too much weight gain, increase risk of choking, and not enough breast milk or formula intake.</i></p>	<ul style="list-style-type: none"> 2-4 Tbsp. (1-2 oz) per day Plain, strained/pureed/ mashed 	<ul style="list-style-type: none"> 4-8 Tbsp. (2-4 oz) per day Mashed or soft, small bites
Water	None			Begin offering small sips of water in a cup (tippy, strawed, or open cup)	

This guide includes recommendations for the average, healthy, full-term infant. Every baby is different, if you have questions or concerns call your doctor.

Key: oz= ounce, Tbsp= tablespoon, 1 oz= 2 tbsp.

Infant Feeding Tips

0-6 Months

- Skin-to-skin contact promotes bonding, soothing, and can help increase milk supply.
- Babies eat no more than 1-2 oz of formula or breast milk, per feeding in the first week of life.
- Breastfed babies may eat smaller, more frequent feedings than formula-fed babies.
- All infant taking in less than 32 oz/day of formula should take a vitamin D supplement of 400IU. Consult your doctor first.
- Only breast milk or formula should be in the baby's bottle. Follow instructions when mixing formula.
- Wipe your baby's gums with a clean cloth, each day to practice healthy dental habits.

6-12 Months

- Start with a new single -ingredient infant food every 3-5 days. Observe for possible allergic reactions such as rash, wheezing, vomiting, or diarrhea after feeding new food.
- Feed baby with a spoon and from a bowl, not from the jar or container.
- It can take 10-15 exposures to a new food for baby to accept or like the food.
- Eat together to model healthy eating habits.
- Allow self-feeding as baby is ready.
- Begin transition from bottle to cup at 6-9 months. Wean from the bottle by 12-14 months.
- Wait until 1 year of age to introduce fluid cow (and other) milk.
- Wait until 1 year old to introduce 100% fruit juice, if desired.

How will I know if baby is hungry or full?

Common Hunger Cues

- Licking lips
- Sticking tongue out
- Rooting
- Putting hand to mouth repeatedly
- Sucking on hands
- Opening mouth

Common Fullness Cues

- Slows/stops sucking
- Extends arms and legs
- Extends/relaxes fingers
- Pushes/arches away
- Turn head away from nipple or food
- Throws/pushes food away

Safety Tips for Solid Foods



- Sit your baby on a high chair or your lap.
- Sit with your baby during meal time to minimize risk of choking.
- Wash your hands and utensils well before feeding baby.
- Avoid high risk food like honey, unpasteurized dairy, raw or runny eggs.
- Avoid common choking hazards: grapes, nuts, candy, hot dogs, and peanut butter.
- Avoid added salt, added sugar and other sweeteners

- The American Academy of Pediatrics recommends exclusive breastfeeding for the first 6 months. Iron-fortified infant formula should be substituted if breastfeeding is not possible or chosen.
- Continued breastfeeding with solid foods for 2 years as long as you and your baby desires.

Your baby is on a healthy start. **Stick with WIC** as your baby grows!

Call us for more information @

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References: WLOL Guidelines for Feeding Healthy Infants, 09/18, FNS-477 12/14 Next Steps to Health

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