

Feeding Infants (4 to 12 months) and Children

Breastmilk or iron-fortified formula is the only food babies need until they are 4 to 6 months old. Give babies breastmilk or iron-fortified formula until they are a year old. Do not give cow's milk before baby is 12 months old.

Feeding Your Baby

	Age 4 to 6 months	Age 6 to 8 months	Age 7 to 10 months	Age 10 to 12 months
Foods to Introduce	Baby Cereal Start baby with iron-fortified rice cereal. Feed cereal to baby with a spoon. Make cereal thin with breast milk or formula. Oat or barley cereal may be introduced next.	Vegetables and Fruits Start with strained vegetables and fruits. Introduce only one new food at a time. Fruit Juice with vitamin C Give baby juice using a small cup.	Meat, Chicken and Fish Start with mashed tender meat, chicken and fish that has had all the bone, skin and tough parts removed. Do not add salt, fat, sugar or spices to baby's food.	Finger Foods 10 to 12 months <ul style="list-style-type: none"> • toast squares. • small pieces of cooked vegetables and peeled, soft fruits. • small pieces of ground meat, chicken or fish with all bones removed. Cooked, Mashed Egg Yolks
Signs that Your Baby is Ready	Baby can: <ul style="list-style-type: none"> • sit with support. • hold head steady. • remove food from a spoon with lips and tongue. • keep most of cereal in his/her mouth. 	Baby can: <ul style="list-style-type: none"> • sit without help. • move mouth to mash food. • put food in mouth by him/herself. • begin drinking from a cup. 	Baby can: <ul style="list-style-type: none"> • bite food. • pick up small pieces and feed him/herself. 	Baby can: <ul style="list-style-type: none"> • use a spoon and cup.

The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Call this toll-free number, 1-800-552-3431 (M-F 8:15-5:00, except holidays), to learn how to apply for food stamps and to get other useful information about services.

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