

WV WIC Program

FEEDING INFANTS AND TODDLERS



The American Academy of Pediatrics recommends that infants be fully breastfed for the first 6 months of life. If that is not possible, infant formula with iron until 6 months is recommended.

From 6 months to 1 year, continue feeding your baby breast milk or iron-fortified formula. Breast feeding may continue as long as you and your baby choose.



At 6 months-12 months



- Introduce infant cereals, starting with rice cereal, wait 3 days and then try oatmeal or barley cereal
- Gradually introduce other foods starting with a vegetable such as squash, peas, carrots, or green beans
- Next, introduce fruits such as applesauce, peaches, bananas, or pears
- Baby food meats may be slowly introduced too, as well as unsweetened dry cereal, toast, crackers or soft breads

Remember to wait 3 days between each new food to make sure your baby does not have an allergy. Keep foods plain and do not add sugar, salt, spices, butter, or gravy.





RECOMMENDED SERVINGS FOR TODDLERS

Toddlers who are ages 1-5 are recommended to have the following servings each day:

Grains
6 servings

Vegetables
3 servings

Fruits
2 servings

Milk
4 servings

Meat & Beans
2 servings

Serving sizes are small and vary based on your toddlers age...



Talk to your WIC nutritionist about serving sizes for your toddler. For all children on WIC, it is recommended to drink 16 ounces of milk per day- Whole milk for children aged 1-2 and low-fat or fat-free milk for children 2-5 years of age.

Peanut Butter Banana Dogs

(peanut butter is not recommended for children under 2 years)

Ingredients:

- 8 hot dog buns
- 2 tablespoons butter (softened)
- 1/2 cup peanut butter
- 1 teaspoon ground cinnamon
- 2 tablespoons applesauce
- 3 to 4 bananas (sliced)

Directions:

- Spread cut sides of hot dog buns with softened butter
- Stir together peanut butter, cinnamon, and applesauce; spread evenly over hotdog buns
- Top with banana slices

Makes 8 servings



If your child is a "picky" eater, do not give up; it may take up to 15 times trying a new food before he or she decides they like it.

Resources

- Massachusetts, Maine, New Jersey, Maryland, and West Virginia WIC.
- <http://legacy.co.mohave.az.us/wic/CookingWithWICFoods.htm>



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