

Infant Feeding Guidelines

Cereals served to infants must be Iron-Fortified Infant Cereal: Begin serving when developmentally ready, or at 8 months - whichever comes first.

Iron-fortified infant **rice** cereal is recommended as baby's 1st cereal because it:

- Is easily digested and least likely to cause an allergic reaction.
- Iron-Fortified Oat and Barley infant cereal can be added at 1-week intervals after rice cereal has been successfully tolerated.
- Wait to serve Iron Fortified Infant Wheat cereal until babies are 8 months old. Wheat is harder to digest and can cause a reaction in some infants.
- Iron-Fortified Mixed-Grain cereals can be introduced after the infant has been exposed to and has tolerated each grain separately.

These cereals are *not* reimbursable in the Infant Meal Pattern:

- Jarred "wet" infant cereals.
- Iron-fortified dry infant cereals containing fruit such as Iron-Fortified Rice Cereal with Bananas.
- Cereals designed for older children and adults.
 - Examples would be oatmeal, grits, farina and adult dry cereals such as Cheerios; although these are not reimbursable as a substitute for infant cereal, they can be fed as additional foods when the child is developmentally ready.

Infant Fruits and Vegetables: Begin serving when developmentally ready or at 8 months whichever comes first.

- A fruit or vegetable must be the first ingredient listed on the label.
- Multiple fruits and/or vegetables can be listed on the ingredient list.
- Please verify that the infant has been exposed to the fruits and veggies you offer at home first to avoid allergic reactions and intolerance.

These commercially prepared baby foods are *not* reimbursable in the Infant Meal Pattern:

- First ingredient on the list is water.
- Fruits and vegetables with yogurt or labeled as desserts.
- Fruits and vegetables containing meats or grains.
- Fruits and vegetables with DHA.
 - These often contain added ingredients such as egg yolk or fish oils.

Infant Meats and Proteins: Begin serving when developmentally ready or at 8 months - whichever comes first.

- Commercially prepared, single ingredient baby food meats, are reimbursable as a meal component.
- Introduce cooked egg yolks after meats have been accepted.
 - Avoid serving whole egg or egg whites because they can cause allergic reactions and intolerances in some infants
- Cheese may be offered to infants.
 - Mild cheddar, mozzarella, Colby and cottage cheese are good choices.
 - Do not feed chunks of cheese. This can cause choking.
- Fin-Fish is creditable for infants.
 - Check to ensure no bones are in the fish.
- Cooked dry beans or dry peas, such as kidney beans, lima beans, pinto beans, or chick peas may be offered as an infant protein.
 - Serve beans/peas mashed or pureed as the whole bean/pea is a choking hazard.

These meats and proteins are *not* reimbursable in the Infant Meal Pattern:

- Peanut Butter and other nut or seed butters
- Yogurt
- Commercially prepared infant combination food dinners
 - For example Beef Stew or Chicken Dinner with Veggies and Rice
- Commercial fish sticks or fillets
- Hotdogs and other processed meats. For example sausage and lunch meats
- Shell fish such as shrimp

