

INFANT FEEDING GUIDELINES FOR IFIC, FRUITS AND VEGETABLES, AND PROTEINS

CEREALS SERVED TO INFANTS MUST BE IRON-FORTIFIED INFANT CEREAL (IFIC):

Begin serving when developmentally ready

- Iron-fortified infant *rice* cereal is recommended as baby's first cereal because it is easily digested and the least likely to cause an allergic reaction.
- It is recommended an infant be exposed to cereals at home before offering them at daycare.
- Iron-Fortified Infant Oat and Barley cereals can be introduced at 1-week intervals after rice cereal has been successfully tolerated.
- Wait to serve Iron Fortified Infant Wheat cereal until 8 months of age. 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 or veggies such as Iron-Fortified Rice Cereal with Bananas and IFIC with sweet potato.

INFANT FRUITS AND VEGETABLES: Begin serving when developmentally ready

- The fruit or vegetable must be the **first** ingredient listed on the label.
- Combinations of fruits and/or vegetables are okay.
- It is recommended that an infant be exposed to new fruits and veggies at home before being offered at daycare.
- Homemade Fruits and Veggies are creditable and should be prepared at an appropriate consistency for the developmental stage of the infant.

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

- When the first ingredient on the list is water.
- Fruits and vegetables labeled as desserts.
- Fruits and vegetables containing meats or grains without a Child Nutrition (CN) Label

INFANT MEATS AND PROTEINS: Begin serving when developmentally ready

- Commercially prepared, single ingredient baby food meats, are reimbursable as a meal component as well as homemade meats prepared at a developmentally appropriate consistency
- Whole cooked eggs
- Cheese
 - Mild cheddar, mozzarella, Colby and cottage cheese are good choices.
 - Avoid feeding 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.
- Yogurt, must meet USDA sugar requirements of no more than 23g of sugar per 6oz serving

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

- Peanut Butter and other nut or seed butters
- Commercially prepared combination infant foods dinners without a CN label, such as but not limited to: Beef Stew, Chicken Dinner with Veggies, Lasagna, Macaroni and cheese.
- Shell fish such as shrimp