

Average Calorie and Protein Content of Baby Foods

| | Amount | Calories | Protein (g) |
|--------------------------|-------------|----------|-------------|
| Dry Infant Cereal | ¼ cup | 50-60 | 1-2 |
| Stage 1 Fruits | 2.0-4.25 oz | 50-80 | 0 |
| Stage 1 Veggies | 2.0-4.25 oz | 25-50 | 0-1 |
| Stage 1 Meats | 2.5 oz | 40-100 | 6-8 |
| Stage 2 Cereal Mixtures | 4.0-4.25 oz | 70-90 | 0-2 |
| Stage 2 Fruits | 4.0-4.25 oz | 60-120 | 0-1 |
| Stage 2 Veggies | 4.0-4.25 oz | 30-80 | 0-3 |
| Stage 2 Fruits & Veggies | 4.0-4.25 oz | 60-80 | 0-2 |
| Stage 2 Dinners | 4.0 oz | 50-100 | 1-2 |
| Stage 2 Meats | 2.5 oz | 70-90 | 7-8 |
| Stage 3 Cereal Mixtures | 5.0 oz | 60-100 | 1 |
| Stage 3 Fruits/Veggies | 5.0 oz | 70-120 | 0-1 |
| Stage 3 Dinners | 4.0-5.0 oz | 70-120 | 3-4 |

Stage 1's – thin, smooth purees

Stage 2's – thicker, smooth purees

Stage 3's – thicker, often chunky, purees

Wisconsin WIC provides:

- Cereals (8 oz or 16 oz containers)
- Stage 1 or 2 meats – for exclusively breastfed infants only (2.5 oz containers)
- Stage 2 fruits and/or veggies (4 oz containers or 2-pack 4 oz containers)

Fluid – For all baby foods and prepared infant cereal, assume 75% of the volume counts towards the patient's daily fluid intake.

Information obtained from: Gerber, Beech Nut, Plum Organics, WI WIC Shopping Guide