



## Infant feeding guide

Food	Age, months				
	0 - 4	4 - 6	6 - 8	8 - 10	10 - 12
Breast- milk	Frequent feedings (8-12)	Frequent feedings (4-6)	On demand (3-5)	On demand	On demand
Iron-fortified formula (#feedings)	16-32 oz (8-12)	24-40 oz (4-6)	24-32 oz (3-5)	16-32 oz (3-4)	16-24 oz (3-4)
Cereals, Bread	None	Infant cereal (from a spoon) 2 - 3 tsp mixed with breastmilk, formula, or water	Infant cereal 1 - 4 tbsp twice per day	Infant cereals Cream of wheat Other plain hot cereals Toast, bagel, crackers 2 - 3 servings/day*	Unsweetened hot or cold cereals Bread Rice Noodles 4 servings/day
Fruit	None	None	Fresh/cooked fruits Mashed bananas Applesauce Strained fruits 1/2 cup per day	Peeled, soft fruit wedges Bananas, peaches, pears, oranges, apples 1 - 2 servings/day*	All fresh fruits, peeled and seeded Canned fruits, packed in water or fruit juice 2 servings/day*
Vegetables	None	None	Strained or mashed vegetables Dark yellow, orange, or green (avoid corn) 1/2 cup per day	Cooked and mashed fresh or frozen vegetables 1 - 2 servings/day*	Cooked vegetable pieces May have some raw vegetables if child can chew them well 2 servings/day*
Protein foods	None	None	Try plain yogurt (can be mixed with soft, fresh fruit or applesauce)	Lean meat, chicken, or fish (strained, chopped, or small tender pieces) Egg yolk Yogurt Mild cheese Cooked dried beans	Small tender pieces of meat, chicken, or fish (1 - 2 oz) Egg yolk Yogurt Cheese Cooked dried beans

\* One serving size is considered to be 1 - 2 tablespoons.