



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.