

INFANT FEEDING CHART



Age in Months

	0-4 MONTHS	4-6 MONTHS	6-8 MONTHS	8-10 MONTHS	10-12 MONTHS
FOODS Breast Milk of Infant Formula for 9-10 months	0-4 Feedings a day, 17-32 fluid ounces a day	4-7 Feedings a day 26-40 Fluid ounces a day	3-5 Feedings a day 26-33 Fluid ounces a day	3-4 Feedings a day 21-32 Fluid ounces a day	3-4 Feedings a day 21-29 Fluid ounces a Day by cup or bottle
CEREALS & BREADS	NONE	Rice or Barley Infant Cereals (Iron Fortified) Mix 2-3 teaspoons cereal w/formula, water, or breast milk and feed w/baby spoon (Don't expect baby to eat much at first)	Single grain infant cereals (Iron fortified) 3-9 tablespoons a day two feedings a day. Oven-dried toast or weaning biscuits	Infant cereals or plain hot cereals. Toast bagel or crackers, weaning biscuits.	Infant of cooked cereal unsweetened cereals. Whole wheat bread, mashed potatoes, rice noodles, spaghetti.
FRUIT JUICES	NONE	NONE	Infant 100% Fruit juices, may be Offered, may dilute juices w/ water Limit to 2-4 oz	100% Fruit juices including Orange or tomato.	All 100% Fruit Juice
VEGETABLES	NONE	Strained or mashed, cooked vegetables - Dark yellow or orange (not corn), dark Green, start with mild tasting vegetables Such as green beans, peas, squash 1 jar or 1/2 cup a day.	Strained or mashed cooked vegetables, dark yellow or orange (not corn), dark green, start with mild tasting vegetables Such as green beans, peas, squash 1/2 to 1 jar or 1/4 to 1/2 cup per day	Cooked, mashed vegetables.	Cooked vegetable pieces Some raw vegetables: tomatoes, cucumbers.
FRUIT	NONE	Strained or mashed fruits (fresh or Cooked, mashed bananas, applesauce 1 jar or 1/2 cup a day.	Strained of mashed fruits (fresh or cooked) mashed bananas Applesauce 1 jar or 1/4 cup/ day	Peeled soft fruit wedges: bananas Peaches, pears, oranges, apples.	All fresh fruit peeled and Seeded or cored fruits packed in water.
PROTEIN FOODS	NONE	NONE	NONE	Ground or finely chopped chicken, Fish and lean meats (remove all Bones, fat and skin) cooked dry beans.	Small tender pieces of fish or lean meat. Cooked beans and chicken

DON'T GIVE YOUR BABY HONEY, SOME CASE OF INFANT BOTULISM FROM RAW HONEY HAVE BEEN REPORTED

- AVOID OVERFEEDING, STOP FEEDING WHEN BABY TURNS AWAY FROM FOOD OR SHOWS DISINTEREST.
- USE BABY SPOON TO FEED CEREAL AND OTHER FOODS. DO NOT PUT CEREAL IN BOTTLE.
- FEED ONLY FORMULA OR BREAST MILK FOR THE FIRST 4 MONTHS. NO SOLID FOODS, UNLESS ADVISED BY DOCTOR
- USE FORMULA OR BREAST MILK, NOT WHOLE SKIM OR 2% MILK FOR 9 MONTHS
- DON'T ADD ANY SUGAR OR SALT TO BABY'S FOOD, CHECK LABELS OF PACKED FOOD AND AVOID ADDED SUGAR AND SALT.
- INTRODUCE A NEW FOOD A WEEK ONCE BABY IS READY FOR VEGETABLES AND FRUITS, INTRODUCE VEGETABLES FIRST. SOME INFANT MAY PREFER SWEETER FRUIT AND NOT WANT TO EAT THE VEGETABLES.
- FEED BABY FROM A BOWL, NOT THE JAR.
- DON'T OFFER BABY SWEET DESSERTS, CANDY, SOFT DRINKS, FRUIT FLAVORED DRINKS, SWEETENED OR SUGAR COATED CEREAL.
- DO NOT INTRODUCE EGGS OR WHEAT UNTIL 1 YEAR OF AGE AND SHELLFISH OR PEANUTS UNTIL 2-3 YEARS OF AGE.
- ASK YOUR BABY'S DOCTOR ABOUT ANY CONCERNS OR QUESTIONS YOU HAVE ABOUT INFANT NUTRITION. AMOUNTS LISTED IN THIS CHART ARE AVERAGES, DON'T BE CONCERNED IF YOUR BABY EATS MORE OR LESS THAN THESE AMOUNTS.