

Infant Feeding Chart & Practices

Recommended Foods: Breast milk or Infant formula, iron fortified infant cereals, pureed meats or beans, Add vegetables and fruits after cereal and meats introduced.

FOODS	0-4 MONTHS	4-6 MONTHS	6-8 MONTHS	8-12 MONTHS
Breast Milk or Infant Formula	8-12 feedings/day 2-4 ounces/feeding 20-32 ounces/day	4-6 feedings/day 4-6 ounces /feeding 28-32 ounces /day	3-5 feedings/day 6-8 ounces /feeding 30-32 ounces /day	3-4 feedings/day 6-8 ounces /feeding 24-32 ounces /day
Dairy	None	None	None	Cheese (1/2 ounce), yogurt (1/2 cup) Cottage cheese (2 TBSP) 1 feeding/day
Cereals & Breads	None	Single grain infant cereal, 1-2 tablespoons mixed with breast milk or formula, feed by spoon 1-2 feedings/day	Single grain infant cereal, 2-4 tablespoons mixed with breast milk or formula 2 feedings/day	Single grain infant cereals or plain cooked hot cereal, 2-4 TBSP Bread (1/2 slice) Crackers (2) Pasta (3-4 TBSP) 2 feedings/day
Vegetables	None	None	After cereal and meats are introduced, try plain strained or mashed vegetables 2-3 TBSP/feeding 1-2 feedings/day	Plain strained vegetables or mashed, cooked vegetables 3-4 TBSP 2-3 feedings/day
Fruits	None	None	Single ingredient baby fruits or mashed fruits 2-3 TBSP/feeding 1-2 feedings/day	Single ingredient mashed fruits or soft peeled fruit wedges (banana, peaches, pears, orange) 3-4 TBSP 2-3 feedings/day
Meat & Protein Foods	None	None	Plain baby or puree meats and egg yolks or soft finely chopped chicken, fish or lean meats, mashed beans 1-2 TBSP /feeding, 1-2 feedings/day	Plain baby or puree meats and egg yolks or soft finely chopped chicken, fish or lean meats, mashed beans 3-4 TBSP 2 feedings/day



Foods to avoid in the first year of life:

- Cow's milk, goat milk, rice or soy milk
- Honey
- Peanut butter and other “sticky” foods
- Sugar containing foods
- Hard foods that may cause choking (hot dogs, popcorn, raw fruits and vegetables such as apples, carrots)
- Fruit juice

Encouraging Healthy Habits from the start:

- Use a baby spoon for solids. Do not put cereal and foods in the baby bottle,
- Avoid commercial baby foods with sugars and additives. Use the plain foods and mix them together yourself.
- Reduce food waste by using a clean spoon to scoop out 1-2 TBSP of baby food from jar. This way, any leftover can be placed in the refrigerator and stored for up to 2 days.
- It can take babies 10-15 times of trying a new food before he or she accepts it. Continue offering new foods to your baby to help develop lifelong healthy eating habits.