Infant Feeding Chart

FOODS	0-4 Months of Age	4-6 Months of Age	6-8 Months of Age	8-10 Months of Age	10-12 Months of Age
Breast Milk/ Infant Formula	5-10 feedings (18-32 fluid oz per day)	4-7 feedings (26-40 fluid oz per day)	3-5 feedings (26-33 fluid oz per day)	3-4 feedings (21-32 fluid oz per day)	3-4 feedings (21-29 fluid oz per day) *By cup or bottle
Cereal & Breads	None	Iron-fortified single grain cereals *Start by mixing 2-3 tsp in formula/breast milk or water and feed with a spoon	Infant cereals (3-9 Tbsp. per day) 7-8 months of age can have teething biscuits	Infant cereals or plain, hot, dry cereals Toast, bagels or crackers	Infant or cooked, unsweetened, cold cereals Whole wheat breads, mashed potatoes, rice, noodles, spaghetti
Vegetables	None	None *May start when baby has been eating cereal for 4-8 weeks	Strained or mashed, cooked veggies *Start with mild-tasting foods such as carrots, squash, peas (½ - full jar) OR (¼ - ½ cup per day)	Cooked, mashed vegetables	Cooked vegetable pieces or some raw veggies such as cucumbers, tomatoes
Fruits	None	None *May start when baby has been eating cereal for 4-8 weeks	Strained or mashed fruits, mashed bananas or applesauce (1 jar) OR (½ cup per day)	Peeled soft fruit wedges, bananas, peaches, pears, oranges, apples	All fresh fruits peeled & seeded or canned fruits packed in water
Proteins	None	None	None	Finely chopped boneless, skinless lean meats Cooked dried beans, whole fat yogurt, cottage cheese	Small, tender pieces of chicken, fish (no bones), or lean meat Cheese, yogurt, whole fat dairy, cooked beans, scrambled eggs (if no family allergy)