

Infant feeding guide

Food	Age (months)				
	0-4	4-6	6-8	8-10	10-12
Breast milk (number of feedings)	Frequent feedings (8-12)	Frequent feedings (4-6)	On demand (3-5)	On demand	On demand
Iron-fortified formula (number of 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	None	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 puréed fruits Mashed bananas Applesauce 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 2 servings/day*
Protein foods	None	None	Puréed meats 1-2 servings per day*	Lean meat, chicken, or fish (strained, chopped, or small tender pieces) Egg yolk	Small tender pieces of meat, chicken, or fish (1-2 oz) Egg yolk Yogurt Cheese

				Cooked dried beans 2 servings per day*	Cooked dried beans 2-3 servings per day*
Fruit juice	None	None	Infant juice Vitamin C- fortified adult apple juice Offer from a cup 4 oz per day	All 100 percent juices From a cup 4-6 oz per day	All 100 percent juices From a cup 4-6 oz per day

* One serving size is considered to be one-half cup.

Adapted from: Massachusetts WIC program Nutrition Education Task Force.

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