

Infant through Toddler Feeding Guidelines

Remember...every baby is unique! They may eat more or less than this guide suggests.

AGE	FOOD GROUP	FOODS	DAILY SERVINGS	SUGGESTED SERVING SIZE	FEEDING TIPS
0-4 months	Milk	Breast milk	On demand		<ul style="list-style-type: none"> Nurse as long and often as your baby wants - every 1-1/2 hours is okay. Nurse baby at least 10-20 minutes on each breast. Six wet diapers a day is a good sign that your baby is getting enough to eat. There's no need to force your baby to finish a bottle. Putting a baby to bed with a bottle can cause choking and baby bottle tooth decay. Heating formula in the microwave is not recommended as milk may heat unevenly and burn baby's mouth.
		Or Formula			
		0-1 months	8 or more	2-5 ounces	
		1-2 months	5-7	3-6 ounces	
		2-3 months	4-7	4-7 ounces	
		3-4 months	4-6	6-8 ounces	
4-6 Months	Milk	Breast milk	On demand		<ul style="list-style-type: none"> Breast milk or formula has all the nutrition your baby needs and will satisfy your baby longer than cereal. Start iron-fortified cereal by spoon when baby shows these signs of readiness: SITS WITH SUPPORT OPENS MOUTH WHEN FOOD IS OFFERED ABLE TO MOVE SEMI-SOLID FOOD FROM THE FRONT OF THE TONGUE TO THE BACK Introduce only one new cereal a week.
		Or Formula*			
	Grain	Baby cereal (iron-fortified)	2	1-2 tablespoons	
6-8 Months	Milk	Breast milk	On demand		<ul style="list-style-type: none"> Add strained vegetables and fruits first, then add cooked vegetables and mashed or finely chopped fruits later. Feed only one new fruit or vegetable every 3 days. When using food from a jar, remove the amount for one feeding and refrigerate the unused portion. Add strained meats at 8 - 9 months. Feed only one new meat every 3 days.
		or Formula*			
	Grain	Baby cereal (iron-fortified)	2	2-3 tablespoons	
		Bread or Crackers	Offer	¼ slice or 2 crackers	
	Fruit	Fruit	2	2-3 tablespoons	
	Vegetable	Vegetables	2	2-3 tablespoons	
Meat	Chicken, Beef, Pork	1	1-2 tablespoons		

AGE	FOOD GROUP	FOODS	DAILY SERVINGS	SUGGESTED SERVING SIZE	FEEDING TIPS	
8-12 months	Milk	Breast milk	On demand		<ul style="list-style-type: none"> • Wait until baby's first birthday to feed egg whites. Some babies are sensitive to the egg white. • Offer fresh fruit and cooked vegetables in bite size portions. Some fruits may need to be peeled (apples, pears). • Be patient. Babies are messy when they feed themselves. • Always taste heated foods before serving them to baby to make sure they are not too hot. • Continue to offer beverages in a cup. • Offer finger foods to encourage self-feeding. • Let baby use a spoon for self feeding. 	
		Or Formula*	3-4	6-8 ounces		
	Grain	Cheese	Offer	2-3		½ ounce
		Plain Yogurt				½ cup
		Cottage cheese				¼ cup
Fruit	Baby cereal (iron-fortified)	2-3	2-4 tablespoons			
	Bread or Crackers	1-2	¼ slice or 2 crackers			
Vegetable	Fruit	2	3-4 tablespoons			
12-24 months	Milk	Vegetables	2	3-4 tablespoons		
		Meat	2	3-4 tablespoons		
	Milk	Chicken, beef, pork, dried beans (cooked)	4	4-5	1	
		Egg yolk			½ cup	
	Grain	Or *Whole milk, yogurt	4	4-5	½ ounce	
Cheese		¼ cup				
Fruit	Cottage cheese	4-5	4-5	¼ cup		
	Cereal, pasta or rice			¼		
Vegetable	Bread, muffins, rolls	4-5	4-5	2 crackers		
	Crackers			½ medium		
Meat	Fruit	4-5	4-5	¼ cup (cooked)		
	Vegetables, fresh or cooked			½ cup (cooked)		
Meat	Fish, chicken, turkey, beef, pork	3-4	3-4	½ - 1 ounce		
	Cooked beans or peas			2 tablespoons		
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