

## BIRTH TO 4 MONTHS OLD

### BREASTFEEDING

8-12+ feedings daily, allowing your baby to decide how much milk to drink at each feeding

### FORMULA FEEDING

#### 1 MONTH:

6-8 feedings daily with 2-4 oz. formula per feeding

#### 2 MONTHS:

5-6 feedings daily with 5-6 oz. formula per feeding

#### 3-4 MONTHS:

5-6 feedings daily with 6-7 oz. formula per feeding

## 4 TO 6 MONTHS OLD

### BREAST MILK AND FORMULA FEEDING

4-6 feedings per day or 28-32 oz. per day

### SOLID FOODS

#### CEREALS:

3-5 Tbsp. of single grain cereal, made with formula or breast milk

#### FRUITS:

1-2 Tbsp. 1-2 times per day of plain strained fruit

#### VEGETABLES:

1-2 Tbsp. 1-2 times per day of plain strained vegetables

## 6 TO 8 MONTHS OLD

### BREAST MILK AND FORMULA FEEDING

3-5 feedings per day or 24-32 oz. daily

### SOLID FOODS

#### CEREAL:

4-6 Tbsp. per day of single grain cereal, made with formula or breast milk

#### FRUITS:

3-4 Tbsp. 1-2 times per day of plain, strained fruit

#### VEGETABLES:

3-4 Tbsp. 1-2 times per day of plain, strained vegetables

#### PROTEIN:

1-2 Tbsp. 1-2 times per day of plain, strained protein of one kind

#### SNACKS/JUICES:

Toast, crackers and/or yogurt; 2-4 oz. of 100% fruit juice

## 8 TO 10 MONTHS OLD

### BREAST MILK AND FORMULA FEEDING

3-5 feedings per day or 24-32 oz. daily

### SOLID FOODS

#### CEREAL:

4-6 Tbsp. per day of single grain cereal, made with formula or breast milk

#### FRUITS:

3-4 Tbsp. 1-2 times per day, served plain, pureed, chopped or mashed

#### VEGETABLES:

3-4 Tbsp. 1-2 times per day, served plain, pureed, chopped or mashed

#### PROTEIN:

2-3 Tbsp. 1-2 times per day of meats, yogurt, cheese, legumes, eggs or fish, served plain, pureed, chopped or mashed

#### SNACKS/JUICES:

Toast, crackers and/or other finger foods that become mushy; 2-4 oz. of 100% fruit juice

## 10 TO 12 MONTHS OLD

### BREAST MILK AND FORMULA FEEDING

3-4 feedings per day or 24-30 oz. daily

### SOLID FOODS

#### CEREAL:

6-8 Tbsp. per day of single grain cereal, made with formula or breast milk

#### FRUITS:

2-4 Tbsp. twice per day, served plain, pureed, chopped or mashed

#### VEGETABLES:

2-4 Tbsp. twice per day, served plain, pureed, chopped, bite-sized or mashed

#### PROTEIN:

2-3 Tbsp. twice per day of any protein, served plain, pureed, chopped or mashed

#### STARCHES:

¼-½ cup mashed potatoes, macaroni, spaghetti or bread twice daily

#### SNACKS/JUICES:

Toast, crackers and/or other finger foods that become mushy; 4-6 oz. of 100% fruit juice