

Infant Meal Patterns

* Infant formula and dry infant cereal must be iron-fortified *

Meal Type		0 - 3 Months	4 - 7 Months	8 - 11 Months
BREAKFAST	4 - 6 ounces formula or breast milk	4 - 8 ounces formula or breast milk <u>and</u> 0 - 3 tablespoons of infant cereal	6 - 8 ounces formula or breast milk <u>and</u> 2 - 4 tablespoons of infant cereal <u>and</u> 1 - 4 tablespoons of fruit or vegetable or both	
LUNCH or SUPPER	4 - 6 ounces formula or breast milk	4 - 8 ounces formula or breast milk <u>and</u> 0 - 3 tablespoons of infant cereal <u>and</u> 0 - 3 tablespoons of fruit or vegetable or both	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">6 - 8 ounces formula or breast milk</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">1 - 4 tablespoons of fruit or vegetable or both</div> <div style="border: 1px solid black; padding: 5px;">2 - 4 tablespoons of infant cereal <u>and / or</u> 1-4 tablespoons meat, fish, poultry, egg yolk, cooked dry beans or peas or ½-2 oz cheese or 1-4 oz cottage cheese or 1 - 4 oz (weight) cheese food / cheese spread</div>	
SNACK	4 - 6 ounces formula or breast milk	4 - 6 ounces formula or breast milk	2 - 4 ounces formula or breast milk <u>and</u> 0 - 1/2 slice of bread or 0 - 2 crackers (both whole grain/enriched)	