

## Infant feeding guide

Food	Age (months)				
	0 to 4	4 to 6	6 to 8	8 to 10	10 to 12
Breast milk (#feedings)	Frequent feedings (8 to 12)	Frequent feedings (4 to 6)	On demand (3 to 5)	On demand	On demand
Iron-fortified formula (#feedings)	16 to 32 oz (8 to 12)	24 to 40 oz (4 to 6)	24 to 32 oz (3 to 5)	16 to 32 oz (3 to 4)	16 to 24 oz (3 to 4)
Cereals, bread	None	None	Infant cereal 1 to 4 tbsp twice per day	Infant cereals Cream of wheat Other plain hot cereals Toast, bagel, crackers 2 to 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 to 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 to 2 servings/day*	Cooked vegetable pieces 2 servings/day*
Protein foods	None	None	Puréed meats 1 to 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 to 2 oz) Egg yolk Cheese Cooked dried beans

				Cooked dried beans 2 servings per day*	2 to 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 to 6 oz per day	All 100 percent juices From a cup 4 to 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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