

**APPENDIX VII: INFANT MEAL PATTERNS**

**Infant Meal Patterns**

<b>Breakfast, Lunch, and Dinner</b> (Select all three components)	
<b>Birth through 5 months</b>	<b>6 through 11 months</b>
4 -6 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup>	6-8 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup> ; and 0-4 tablespoons of <ul style="list-style-type: none"> <li>• Infant cereal<sup>2</sup></li> <li>• Meat</li> <li>• Fish</li> <li>• Poultry</li> <li>• Whole egg</li> <li>• Cooked, dry beans or</li> <li>• Cooked dry peas or</li> </ul> 0-2 ounces of cheese or 0-4 ounces (volume) of cottage cheese; or <ul style="list-style-type: none"> <li>• 0-4 ounces or ½ cup of yogurt; or a combination of the above<sup>3</sup>; and</li> </ul> 0-2 tablespoons vegetable or fruit or a combination of both. <sup>3,4</sup>
<b>Snacks</b> (Select all three components)	
<b>Birth through 5 months</b>	<b>6 through 11 months</b>
4-6 ounces of breastmilk <sup>1</sup> or formula <sup>2</sup>	2-4 fluid ounces breastmilk or formula <sup>2</sup> ; and <ul style="list-style-type: none"> <li>• 0-1/2 slice bread<sup>3,5</sup> or</li> <li>• 0-2 crackers <sup>3,5</sup> or</li> <li>• 0-4 tablespoons infant cereal <sup>2,3</sup> and</li> </ul> 0-2 tablespoons vegetable or fruit, or a combination of both. <sup>3,4</sup>

<sup>1</sup> Breastmilk or formula, or portions of both, must be served: however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

<sup>2</sup> Infant formula and dry infant cereal must be iron fortified.

<sup>3</sup> A serving of this component is required when the infant is developmentally ready to accept it.

<sup>4</sup> Fruit and vegetable juices must not be served.

<sup>5</sup> A serving of grains must be whole grain-rich, enriched meal, or enriched flour.