

Infant Meal Patterns

Breakfast, Lunch, and Dinner

(Select all three components)

Birth through 5 months	6 through 11 months
<p><u>4 -6 fluid ounces breastmilk¹ or formula²</u></p>	<p><u>6-8 fluid ounces breastmilk¹ or formula²; and</u> <u>0-4 tablespoons of</u></p> <ul style="list-style-type: none"> • <u>Infant cereal²</u> • <u>Meat</u> • <u>Fish</u> • <u>Poultry</u> • <u>Whole egg</u> • <u>Cooked, dry beans or</u> • <u>Cooked dry peas or</u> <p><u>0-2 ounces of cheese or</u> <u>0-4 ounces (volume) of cottage cheese; or</u></p> <ul style="list-style-type: none"> • <u>0-4 ounces or ½ cup of yogurt; or a combination of the above³; and</u> <p><u>0-2 tablespoons vegetable or fruit or a combination of both.^{3,4}</u></p>
Snacks (Select all three components)	
Birth through 5 months	6 through 11 months
<p><u>4-6 ounces of breastmilk¹ or formula²</u></p>	<p><u>2-4 fluid ounces breastmilk or formula²; and</u></p> <ul style="list-style-type: none"> • <u>0-1/2 slice bread^{3,5} or</u> • <u>0-2 crackers^{3,5} or</u> • <u>0-4 tablespoons infant cereal^{2,3} and</u> <p><u>0-2 tablespoons vegetable or fruit, or a combination of both.^{3,4}</u></p>

¹ 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.

² Infant formula and dry infant cereal must be iron fortified.

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

⁴ Fruit and vegetable juices must not be served.

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