

APPENDIX VII: INFANT MEAL PATTERNS

Infant Meal Patterns

| Breakfast, Lunch, and Dinner (Select all three components) | |
|--|---|
| Birth through 5 months | 6 through 11 months |
| 4 -6 fluid ounces breastmilk ¹ or formula ² | 6-8 fluid ounces breastmilk ¹ or formula ² ; and 0-4 tablespoons of <ul style="list-style-type: none"> • Infant cereal⁶ • Meat • Fish • Poultry • Whole egg • Cooked, dry beans or • Cooked dry peas or 0-2 ounces of cheese or 0-4 ounces (volume) of cottage cheese; or <ul style="list-style-type: none"> • 0-4 ounces or ½ cup of yogurt; or a combination of the above³; and 0-2 tablespoons vegetable or fruit or a combination of both. ^{3,4} |
| Snacks (Select all three components) | |
| Birth through 5 months | 6 through 11 months |
| 4-6 ounces of breastmilk ¹ or formula ² | 2-4 fluid ounces breastmilk or formula ² ; and <ul style="list-style-type: none"> • 0-1/2 slice bread^{3,5} or • 0-2 crackers ^{3,5} or • 0-4 tablespoons infant cereal ^{2,3} and 0-2 tablespoons vegetable or fruit, or a combination of both. ^{3,4} |

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.