


Suggested Infant Feeding Schedule

	Breast Milk Or Formula*	Grains	Fruits & Vegetables	Yogurt, Meat, Poultry or Beans
0-4 Months	8-12 feedings per day 2-4 fl. oz. per feeding	None	None	None
4-6 Months	4-6 feedings per day 6-8 fl. oz. per feeding	1-2 feedings of infant cereal per day 1-2 Tbsp. per feeding	None	None
6-8 Months	3-5 feedings per day 6-8 fl. oz. per feeding	2 feedings of infant cereal per day. 2-4 Tbsp. per feeding. 2 Crackers or ½ slice of bread, once to day	0-3 fl. oz. of juice once per day 1-2 feedings of fruit or vegetable per day, 2-3 Tbsp. per feeding	1-2 feedings of meat or beans per day. 1-2 Tbsp per feeding
8-12 Months	3-4 feedings per day 6-8 fl. oz. per feeding	2-4 Tbsp. of infant cereal, ½ slice of bread, 2 crackers, or 3-4 Tbsp of pasta per feeding. 2 feedings per day.	3 fl. oz. of juice once a day 2-3 feedings of fruit or vegetables per day. 3-4 Tbsp. per feeding.	½ oz. of cheese or ½ cup of yogurt once a day. 3-4 Tbsp. of meat or ¼ cup of beans per feeding. 2 feedings per day.

*Breast milk is the best choice.