



INFANT FOOD CHART

BREAKFAST		AGES:	0-3 MONTHS	4-7 MONTHS	8-11 MONTHS
Iron Fortified Formula or Breast Milk			4-6 ounces	4-8 ounces	6-8 ounces
Iron Fortified Infant Dry Cereal				0-3 Tbsp (Optional)	2-4 Tbsp.
Fruits and Vegetables					1-4 Tbsp. Fruit or Vegetable or both
LUNCH OR SUPPER		AGES:	0-3 MONTHS	4-7 MONTHS	8-11 MONTHS
Iron Fortified Formula or Breast Milk			4-6 ounces	4-8 ounces	6-8 ounces
Fruits and Vegetables				0-3 Tbsp. (Optional)	1-4 Tbsp. Fruit or Vegetable or both
Meat or Meat Alternate	 (Meat)  (Fish)  (Egg yolk)  (Beans)  (Peas)  (Cheese)  (Cottage cheese) OR  (Cheese food/spread)				(Choose at least <u>one</u> of the four) (1) 1-4 Tbsp (2) ½ -2 ounces (3) 1-4 ounces
Iron Fortified Infant Dry Cereal				0-3 Tbsp. (Optional)	(4) 2-4 Tbsp
SNACK		AGES:	0-3 MONTHS	4-7 MONTHS	8-11 MONTHS
Iron Fortified Formula or Breast Milk			4-6 ounces	4-6 ounces	(Choose one) (1) 2-4 ounces
100% Fruit Juice					(2) 2-4 ounces
Whole Grain or Enriched Bread or Crackers	 OR 				0-½ Slice Bread* OR 0-2 Crackers* (Optional)

*Must be made from whole-grain enriched meal or flour.

