



## Suggested Guide to Infant Feeding



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### Suggested Infant Feeding Guide Ages Birth - 6 Months

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|----------------|--|
| Birth-4 months | <ul style="list-style-type: none"> <li>• Formula and/or breastmilk not to exceed 32 ounces daily.</li> </ul>   |
| 4 months       | <ul style="list-style-type: none"> <li>• Formula and/or breastmilk (4-6 oz) 4-5 times daily.</li> <li>• Introduce infant cereal (1-2 Tbsp.) 2 times daily using a spoon.</li> </ul>  |
| 5 months       | <ul style="list-style-type: none"> <li>• Formula and/or breastmilk (6-8 oz) 3-4 times daily. Begin offering formula in a cup.</li> <li>• Infant cereal (2-4 Tbsp.) 3-4 times daily.</li> <li>• Introduce strained vegetables (2-4 Tbsp.) 2 times daily.</li> </ul> |
| 6 months       | <ul style="list-style-type: none"> <li>• Formula and/or breastmilk (5-8 oz) in a cup 3 times daily.</li> <li>• Infant cereal (2-4 Tbsp.) 3 times daily</li> </ul>  |

|  |   |
|--|---|
|  | <ul style="list-style-type: none"> <li>· Strained vegetables (2-4 Tbsp.) daily.</li> <li>· Introduce strained fruit (2-4 Tbsp.) daily.</li> <li>· Introduce fruit juices (2-4 oz) daily. Do not use fruit drinks. Offer juices in a cup.</li> </ul> |
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### Suggested Infant Feeding Guide Ages 7-12 Months

|              |   |
|--------------|---|
| 7-9 months   | <ul style="list-style-type: none"> <li>· Formula and/or breastmilk (5-8 oz) in a cup 3 times daily.</li> <li>· Infant cereal (3-5 Tbsp.) 2 times daily.</li> <li>· Strained vegetables (4-8 Tbsp.) 2 times daily.</li> <li>· Strained fruit (4 Tbsp.) daily.</li> <li>· Fruit juices (2-4 oz) in a cup daily.</li> <li>· Introduce strained meats (1-3 Tbsp.) daily.</li> </ul>               |
| 10-12 months | <ul style="list-style-type: none"> <li>· Begin table foods.</li> <li>· Formula and/or breastmilk (5-8 oz) in a cup 3 times daily.</li> <li>· Strained vegetables (4-8 Tbsp.) daily.</li> <li>· Strained fruit and juices (4-8 oz) daily.</li> <li>· Strained meats (1-2 Tbsp.) daily.</li> <li>· Introduce bread (1/2 slice) and cereals (infant cereal or other) 3-4 times daily.</li> </ul> |

### Infant Formula Recipe

Formula name:

\_\_\_\_\_

Recipe will produce \_\_\_\_\_ ounces at  
\_\_\_\_\_ calories per ounce.

| INGREDIENTS | AMOUNT |
|-------------|--------|
| Formula     |        |
| Water       |        |

|          |  |
|----------|--|
| Polycose |  |
| Oil      |  |

|                   |               |
|-------------------|---------------|
| Dietitian's Name: | Phone Number: |
|-------------------|---------------|

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