



	Birth to 4 months	4-6 Months	6-8 Months	8-10 months	10-12 months
Breast milk and/or fortified infant formula	8-12 feedings 2-6 ounces per feeding (18-32 ounces per day)	4-6 feedings 4-6 ounces per feeding (27-45 ounces per day)	3-5 Feedings 6-8 ounces per feeding (24-32 ounces per day)	3-4 feedings 7-8 ounces per feeding (24-32 ounces per day)	3-4 feedings 24-32 ounces of breast milk or formula per day
Cereal, Bread, starch	None	None	2-3 servings of iron-fortified baby cereal and other soft, cooked breads, cereals and starches may be offered (serving= 1-2 Tbsp)	2-3 servings of iron-fortified baby cereal and other soft, cooked breads, cereals and starches may be offered (serving= 1-2 Tbsp)	4 servings breads, and other soft starches, iron fortified baby cereal (serving =1-2 Tbsp)
Fruit and Vegetables	None Juice should not be offered.	None Juice should not be offered.	Begin to offer plain cooked, mashed or strained baby food vegetables and fruits. Avoid combination meat and vegetables. If desired, offer 2-4 ounces of 100% fruit juice in a cup only.	2-3 servings (serving= 1-2 Tbsp) of soft, cut up and mashed vegetables and fruits daily If desired, offer 3-4 ounces of 100% fruit juice in a cup only.	4 servings (serving = 2-3 Tbsp) daily of fruits and vegetables. If desired, offer 3-4 ounces of 100% juice in a cup only.
Meats and other protein foods	None	None	Begin to offer plain-cooked, pureed meats. Avoid combination dinners.	Begin to offer well cooked, soft, finely cut or pureed meats, cheese, and casseroles.	1-2 ounces daily of soft, finely cut or chopped meat or other protein foods. 1 ounce = 1 egg, ¼ cup cooked beans, ½ hamburger patty.

Birth to 12 Month Feeding Guide

	Birth to 4 months	4-6 months	6-8 months	8-10 months	10-12 months
Hunger Cues	Cries or fusses, gazes at caregiver, opens mouth during feeding to indicate desire to continue	Cries or fusses, gazes at caregiver, opens mouth during feeding to indicate desire to continue	Reaches for spoon or food, points to food	Reaches for food, points to food, shows excitement when food is presented	Expresses desire for specific foods with words or sounds
Fullness Cues	Spits out nipple or falls asleep, stops sucking	Turns head way from nipple, stops sucking, may be distracted or notice surroundings more	Slows down in eating, clenches mouth shut or pushes food away	Pushes away food, slows down in eating	Shakes head to indicate “no more”
Developmental Milestones/Eating Skills	Baby develops a suck-swallow-breathe pattern during breast or bottle feeding, tongue moves forward and back to suck	Sits with help or support, on tummy will push up on arms with straight elbows. No food recommended at this age	Sits independently, can pick up and hold small objects in hand, leans towards food or spoons, learns to keep thick purees in mouth, pulls head downward and presses upper lip to draw food from spoon, tries to rake food towards self into fists, can transfer food from one hand to the other, can drink from a cup held by feeder	Learning to crawl, may pull self up to stand, learns to move tongue from side to side to transfer food around mouth so food can be mashed, begins to use jaw and tongue to mash foods, plays with spoon at mealtime, may bring to mouth but does not use it for self-feeding yet, can feed self finger foods, holds cup independently, holds small food between thumb and 1 finger	Pulls self to stand, stands alone, takes early steps, feeds self easily with fingers, can drink from a straw, can hold cup with two hands and take swallows, more skillful at chewing, dips spoon in food rather than scooping, demands to spoon-feed self, bites through a variety of textures