

MATERNAL AND FAMILY HEALTH SERVICES, INC.
SUGGESTED FEEDING SCHEDULE FOR INFANTS

	Birth to one month	1-2 mos.	2-3 mos.	3-4 mos.	4-5 mos.	5-6 mos.	6-7 mos.	7-8 mos.	8-9 mos.	9-10 mos.	10-11 mos.	11-12 mos.	12 mos.
FLUIDS													
Breast Milk	8– 12 or more feedings per day every 1 ½ to 2 hours. Nurse from one breast until empty. Can then offer second breast*		8 – 10 feedings per day every 2 -3 hours		6-8 feedings per day every 3-4 hours		Continue to nurse on demand. Baby will nurse 10 to 20 minutes on each breast 4-7 x per day. Feedings will decrease as solids are introduced				Wean when you and the baby are ready		
Infant Formula	2-3 oz. (8- 10 feedings)	4 to 5 oz (6 – 8 feedings)	5 to 6 oz. (5-6 feedings)		5 to 6 ounces (5 feedings)		Feedings will decrease as solid foods are introduced. 7-8 oz. at 3 to 4 feedings.						
Water	Baby is receiving adequate water from breastmilk or formula during this time.						Small amounts of water could be added when meats are added. Start at about 2 ounces per day						

***Early Growth Spurts**

- Babies will typically go through an early growth spurt around 7-10 days and again at 3 weeks old.
- Feeding needs may be increased during this time.
- For breastfed infants this may mean longer time on the breast or more frequent feedings.

How do I know if my baby is ready for solid food?

Sometime around **six months**, your baby will “show” you she is ready. Answer “Yes” to the following questions:







- My baby can hold his head up and turn it from side to side.
 - My baby is still hungry after eight to ten breastmilk feedings or 40 ounces of formula
- My baby can move her tongue back and forth and can pull in her lower lip when a spoon is removed.
 - My baby shows an interest in food that the family is eating.

Typical Daily Portion Sizes *(serving sizes may vary with individual infants)*

Age	Human Milk	Infant Formula	Grain Products	Vegetables	Fruits	Protein-rich Foods
Birth to 6 months	Only human milk (or formula) is needed for the first 6 months					
6 to 8 months Start complementary foods when developmentally ready, about 6 months Start with ~0.5 - 1 ounces	Breastfeeding infants should continue to be breastfed, on demand. Though formula-fed infants take in ~24 to 32 ounces, provide an amount based on an individual nutrition assessment. Infants' intake of human milk/formula may decrease as complementary foods increase.	~1 to 2 ounces Iron-fortified infant cereals, bread, small pieces of crackers	~2 to 4 ounces Cooked, plain strained/pureed/mashed*	~2 to 4 ounces Plain strained/pureed/mashed*	~1 to 2 ounces Plain strained/pureed/mashed meat, poultry, fish, eggs, cheese, yogurt, or mashed legumes	
8 to 12 months	Provide guidance and encouragement to breastfeeding mothers and continue to support those mothers who choose to breastfeed beyond 12 months. Formula-fed infants take in ~24 ounces, but provide an amount based on an individual nutrition assessment.	~2 to 4 ounces Iron-fortified infant cereals Other grains: baby crackers, bread, noodles, corn grits, soft tortilla pieces	~4 to 6 ounces Cooked, finely chopped/diced*	~4 to 6 ounces Finely chopped/diced*	~2 to 4 ounces Ground/finely chopped/diced meat, poultry, fish, eggs, cheese, yogurt or mashed legumes	

* Infants under 12 months of age should not consume juice unless clinically indicated. After 12 months, encourage fruit over fruit juice; any juice consumed should be as part of a meal or snack and from an open cup (i.e., not bottles or easily transportable covered cups).

Foods to Avoid

Soda, gelatin, coffee, tea or fruit punches and "ade" drinks 	Milk until 12 months 	Added salt 	Added oil, butter, other fats, seasoning 	Added sugar, syrups, other sweeteners 	Fried foods, gravies, sauces, processed meats 
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Important Notes to Remember

- Babies weaned from human milk before 12 months should receive iron-fortified formula.
- Wean entirely off the bottle and onto a cup at 12 to 14 months.
- Keep bottles out of bedtime and nap routines to avoid exposing infants' teeth to sugars and reduce the risk for ear infections and choking.
- Check carefully for bones in commercially or home-prepared meals containing meat, fish, or poultry.
- Remove seeds, skin, and pits from fruits. For additional choking prevention information, refer to the *Infant Feeding: Tips for Food Safety* job aid.