




## INFANT MEAL PATTERN

Meal Type	Birth through 3 Months	4 Months through 7 Months	8 Months through 11 Months
			
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>4-6 fluid ounces (fl oz) of formula <sup>1</sup> or breastmilk <sup>2,3</sup>.</li> </ul>	<ul style="list-style-type: none"> <li>4-8 fl oz of formula <sup>1</sup> or breastmilk <sup>2,3</sup> ; <b>and</b></li> <li>0-3 tablespoons (Tbsp) of infant cereal <sup>1,4</sup>.</li> </ul>	<ul style="list-style-type: none"> <li>6-8 fl oz of formula <sup>1</sup> or breastmilk <sup>2,3</sup> ; <b>and</b></li> <li>2-4 Tbsp of infant cereal <sup>1</sup> ; <b>and</b></li> <li>1-4 Tbsp of fruit or vegetable or both.</li> </ul>
<b>LUNCH OR SUPPER</b>	<ul style="list-style-type: none"> <li>4-6 fl oz of formula <sup>1</sup> or breastmilk <sup>2,3</sup>.</li> </ul>	<ul style="list-style-type: none"> <li>4-8 fl oz of formula <sup>1</sup> or breastmilk <sup>2,3</sup> ; <b>and</b></li> <li>0-3 Tbsp of infant cereal <sup>1,4</sup> ; <b>and</b></li> <li>0-3 Tbsp of fruit or vegetable or both <sup>4</sup>.</li> </ul>	<ul style="list-style-type: none"> <li>6-8 fl oz of formula <sup>1</sup> or breastmilk <sup>2,3</sup> ; <b>and</b></li> <li>1-4 Tbsp of fruit or vegetable or both ; <b>and</b></li> <li>2-4 Tbsp of infant cereal <sup>1</sup> ; <b>and/or</b></li> <li>1-4 Tbsp of meat, fish, poultry, egg yolk, cooked dry beans or peas; or</li> <li>1/2-2 oz. of cheese; or</li> <li>1-4 oz. (volume) of cottage cheese; or</li> <li>1-4 oz. (weight) of cheese food, or cheese spread.</li> </ul>
<b>SNACK</b>	<ul style="list-style-type: none"> <li>4-6 fl oz of formula <sup>1</sup> or breastmilk <sup>2,3</sup>.</li> </ul>	<ul style="list-style-type: none"> <li>4-6 fl oz of formula <sup>1</sup> or breastmilk <sup>2,3</sup>.</li> </ul>	<ul style="list-style-type: none"> <li>2-4 fl oz of formula <sup>1</sup> or breastmilk <sup>2,3</sup>, or fruit juice <sup>5</sup> ; <b>and</b></li> <li>0-1/2 slice of bread <sup>4,6</sup> or 0-2 crackers <sup>4,6</sup>.</li> </ul>
<p><sup>1</sup> Infant formula and dry infant cereal must be iron-fortified.</p> <p><sup>2</sup> Breastmilk or formula, or portions of both, may be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months.</p> <p><sup>3</sup> For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered if the infant is still hungry.</p> <p><sup>4</sup> A serving of this component is required only when the infant is developmentally ready to accept it.</p> <p><sup>5</sup> Fruit juice must be full-strength. <i>Texas Department of Family and Protective Services Child Care Licensing does not allow juice to be served to infants less than 12 months of age.</i></p> <p><sup>6</sup> A serving of this component must be made from whole-grain or enriched meal or flour.</p>			

(See the Food Buying Guide for more details.)

Chart Revised by TDA F&N– Sep 2011