

Infant Meal Guidelines – Ages 0-11 Months

(SEE REVERSE SIDE FOR TODDLERS)

Source: Child and Adult Care Food Program, USDA Food and Nutrition Service *Updated 9/25/00*
www.nal.usda.gov/childcare/Cacfp/index.html

BREAKFAST

Birth Through 3 Months	4 Through 7 Months	8 Through 11 Months
4-6 fluid ounces of formula ¹ or breast milk ^{2,3}	4-8 fluid ounces of formula ¹ or breast milk ^{2,3} 0-3 tbsp. infant cereal ^{1,4}	6-8 fluid ounces of formula ¹ or breast milk ^{2,3} and 2-4 tbsp. infant cereal ¹ and 1-4 tbsp. fruit and/or vegetable

LUNCH OR SUPPER

Birth Through 3 Months	4 Through 7 Months	8 Through 11 Months
4-6 fluid ounces of formula ¹ or breast milk ^{2,3}	4-8 fluid ounces of formula ¹ or breast milk ^{2,3} 0-3 tbsp. fruit and/or vegetable ⁴ 0-3 tbsp. infant cereal ^{1,4}	6-8 fluid ounces of formula ¹ or breast milk ^{2,3} and 1-4 tbsp. fruit and/or vegetable and 2-4 tbsp. infant cereal ¹ and/or 1-4 tbsp. Meat, fish, poultry, egg yolk, cooked dry beans or peas; or ½ -2 ounces cheese; or 1-4 ounces cottage cheese, cheese food or cheese spread

SNACK

Birth Through 3 Months	4 Through 7 Months	8 Through 11 Months
4-6 fluid ounces of formula ¹ or breast milk ^{2,3}	4-6 fluid ounces of formula ¹ or breast milk ^{2,3}	2-4 fluid ounces of formula ¹ , breast milk ^{2,3} or fruit juice ⁵ 0-1/2 bread ^{4,6} or 0-2 crackers ^{4,6}

Footnotes

- 1 Infant formula and dry infant cereal shall be iron-fortified.
- 2 It is recommended that breast milk be served in place of formula from birth through 11 months.
- 3 For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.
- 4 A serving of this component shall be optional.
- 5 Fruit juice shall be full-strength.
- 6 Bread and bread alternates shall be made from whole-grain or enriched meal or flour.