

General Feeding Outline

(Feeding is individual, and must be adjusted to meet your child's needs)

Child's Age	1 month	2 months	3 months	4-6 mos.	7 months	8 months	9 months	10 months	11 months	12 months
Breast Milk	On demand of infant. Nurse for 10 - 20 minutes on each breast. If problems should arise please consult your pediatrician									
Formula with Iron	18-22 oz. per day	24-28 oz. per day	26-32 oz. per day	30-32 oz. per day	29-31 oz. per day	26-31 oz. per day	24-30 oz. per day	22-30 oz. per day	20-28 oz. per day	18-24 oz. per day
Infant Cereal (feed with spoon)				4-6 Tbsp. Dry rice cereal with formula added	4-6 Tbsp. Iron fortified Cereal with formula added	4-6 Tbsp. Cereal with formula added	6-8 Tbsp. Cereal with formula added	6-8 Tbsp. Cereal with formula added	1/2-3/4 cup Cereal with formula added	1/2-3/4 cup Cereal with formula added
Vegetable				Small amounts being introduced	2-4 Tbsp. Strained	6-8 Tbsp. Strained or Junior	8-10 Tbsp. Strained or Junior	1/2-3/4 cup Junior or finely chopped	1/2-3/4 cup chopped	1/4 cup Green Veg. 1/4 cup Yellow or Orange Veg. chopped
Fruit				Small amounts being introduced	2-4 Tbsp. Strained	2-4 Tbsp. Strained or Junior	4-6 Tbsp. Strained or Junior	1/2 cup Chopped fresh or cooked	1/2 cup Chopped fresh or cooked	1/2 cup Chopped fresh or cooked
Crackers, Teething Biscuits, Dry Wheat Toast					1 cracker 1 biscuit	1 cracker 1 biscuit	1 cracker 1 biscuit	1 cracker 1 biscuit	1 cracker 1 biscuit	2 crackers 2 biscuits
Meat, Poultry					1-3 Tbsp. Strained	1-3 Tbsp. Strained	1-4 Tbsp. Strained	2-4 Tbsp. Strained or Junior	1-2 oz. Ground	1-2 oz. Ground
Potatoes, Rice, Noodles, Spaghetti								1/4 cup Junior	1/4 cup	1/2 cup