



# Infant Meal Pattern

			REQUIRED MINIMUM QUANTITIES	
	FOOD COMPONENTS	FOOD ITEMS	BIRTH THROUGH 5 MONTHS	6 MONTHS TO 1 <sup>ST</sup> BIRTHDAY
<b>BREAKFAST</b>	<b>Breast Milk or Formula</b>	Breast Milk or Iron-fortified Infant Formula	4-6 fl. oz.	6-8 fl. oz.
	<b>Vegetables/Fruits</b>	Vegetable, Fruit or Both	0	0-2 Tbsp.
	<b>Infant Cereal and/or Meat/Meat Alternate</b>	Iron-fortified Infant Cereal <i>or</i>	0	0-4 Tbsp.
		Lean Meat, Fish, Poultry <i>or</i>	0	0-4 Tbsp.
		Whole Eggs <i>or</i>	0	0-4 Tbsp.
		Cooked Dry Beans, Peas or Lentils <i>or</i>	0	0-4 Tbsp.
		Cheese <i>or</i>	0	0-2 oz.
		Cottage Cheese <i>or</i>	0	0-8 Tbsp.
		Yogurt	0	0-4 oz.
<b>SNACK</b>	<b>Breast Milk or Formula</b>	Breast Milk or Iron-fortified Infant Formula	4-6 fl. oz.	2-4 fl. oz.
	<b>Vegetables/Fruits</b>	Vegetable, Fruit or Both	0	0-2 Tbsp.
	<b>Grains/Bread</b>	Iron-fortified Infant Cereal or Breakfast Cereal <i>or</i>	0	0-4 Tbsp.
		Bread <i>or</i>	0	0-1/2 slice
		Crackers	0	0-2
<b>LUNCH OR SUPPER</b>	<b>Breast Milk or Formula</b>	Breast Milk or Iron-fortified Infant Formula	4-6 fl. oz.	6-8 fl. oz.
	<b>Vegetables/Fruits</b>	Vegetable, Fruit or Both	0	0-2 Tbsp.
	<b>Infant Cereal and/or Meat/Meat Alternate</b>	Iron-fortified Infant Cereal <i>or</i>	0	0-4 Tbsp.
		Lean Meat, Fish, Poultry <i>or</i>	0	0-4 Tbsp.
		Whole Eggs <i>or</i>	0	0-4 Tbsp.
		Cooked Dry Beans, Peas or Lentils <i>or</i>	0	0-4 Tbsp.
		Cheese <i>or</i>	0	0-2 oz.
		Cottage Cheese <i>or</i>	0	0-8 Tbsp.
		Yogurt	0	0-4 oz.

Solid foods are only required for infants when they are developmentally ready to accept them. The decision to feed specific foods should always be made in consultation with an infant's parent or guardian.