

# B A B Y Feeding Chart



<b>Foods</b>	<b>0-2 Months</b>	<b>2-4 Months</b>	<b>4-6 Months</b>	<b>6-8 Months</b>	<b>8-10 Months</b>	<b>10-12 Months</b>
<i>Breast milk or Formula</i>	2-6 oz. every 2-4 hrs. or 6-10 feedings per day  Feed on demand	4-8 oz. every 2-5 hrs. or 4-6 feedings per day  Number of feedings will decrease as baby sleeps longer at night.	26-40 oz. total per day  6-8 oz. every 4-5 hrs. or 4-7 feedings per day	26-33 oz. total per day  6-8 oz. every 4-5 hrs. or 3-5 feedings per day (sip by open cup)  Number of feedings will decrease as baby takes more solid foods.	21-32 oz. total per day  3-4 feedings per day  Follow baby's hunger cues.	21-29 oz. total per day (by cup or bottle)  3-4 feedings per day  Follow baby's hunger cues.
<i>Baby cereal &amp; Breads</i>	None	None	We suggest waiting until after 5 months to start cereal.  Use rice, barley, or oatmeal infant cereals (iron-fortified)	3-9 tbsp per day 2 feedings per day  Single-grain infant cereals (iron-fortified)  Ex: teething biscuits or oven-dried toast	Ex: infant cereal, plain hot cereals, toast, crackers, teething biscuits	Ex: infant or cooked unsweetened cereals, whole wheat bread, pancakes, waffles, French toast, mashed potatoes, rice, noodles, spaghetti (use spoon to practice)
<i>Fruit &amp; Fruit Juices</i>	None	None	Optional: infant 100% fruit juices.  Ex: white grape, pear, apple juice (avoid orange & tomato juice for now)	4 fluid oz. per day  Infant 100% fruit juices (diluted)	100% fruit juices (diluted)	All 100% fruit juices (undiluted)  Do not offer citrus fruits before 1 year (orange, pineapple, strawberry)
<i>Veggies</i>	None	None	None	½ - 1 jar or ¼ - ½ cup per day  Strained or mashed, cooked vegetables: dark yellow (not corn), orange, dark green	Cooked, soft vegetables	Cooked vegetable pieces
<i>Finger foods</i>	None	None	None	None	Ok to try; select easily chewable foods, cut up into small pieces.  Ex: small pieces of banana, cooked pasta, O-shaped cereal	Yes; select easily chewable foods, cut up into small pieces.  Ex: small pieces of fruit (peel if need), cooked pasta (mac-n-cheese)

<b>Foods</b>	<b>0-2 Months</b>	<b>2-4 Months</b>	<b>4-6 Months</b>	<b>6-8 Months</b>	<b>8-10 Months</b>	<b>10-12 Months</b>
Yogurt	None	None	None	At 7 months, may possibly begin yogurt.	Ok to try	Yes, ¼ - ½ cup
Meat & Poultry	None	None	None	None	May choose to introduce finely-milled poultry and meats, or strained meats.	Usually 1 serving of meat or poultry  Ex: scrambled eggs, cottage cheese, etc.
<b>TIPS</b> 😊	Some babies will eat every 2 hrs, day & night. Others may go longer, so it's best to feed on demand.	Look for hunger cues such as tongue-thrusting, lip smacking, head turning, & sucking on fingers/fists.	Mix 2-3 tbsp with formula, water, or breast milk. Use baby spoon. Don't expect baby to eat much at first, so begin with 1 serving each day; advance to 2 when accepted.	Start with mild tasting vegetables: green beans, peas, squash.  Your baby will begin picking up food with their fingers/palms & put it into his/her mouth on their own. They also develop chewing motions & move food around in their mouth.	You will see signs of baby using pincer-grip (thumb & forefinger) to pick up small objects with ease.  As coordination improves, introduce a baby spoon to encourage self-feeding.	You will see signs of baby using pincer-grip (thumb & forefinger) to pick up small objects with ease.  As coordination improves, introduce an infant spoon or fork during mealtime to encourage self-feeding.
	Around 6 wet diapers a day is a good sign that baby is getting enough to eat.	Around 6 wet diapers a day is a good sign that baby is getting enough to eat.	When baby is able to hold head up straight, they are probably ready to start solids.	Try sipping fruit juice from cup, due to possible tooth decay from bottle.	Continue to offer beverages in cup.  Test all heated foods before serving.	Continue to offer beverages in cup.  Test all heated foods before serving.

*Monitor the new foods that you introduce and take your time with each new food, paying special attention to any possible allergic reaction(s). Consult your pediatrician's office if you have questions or concerns regarding common food allergens.*

Every baby is unique, so don't worry if your baby eats a little more or less than this guide suggests. In fact, it is perfectly normal. The suggested serving sizes are to help you get started. Also, try new foods several times, as baby might not like it the first time it's introduced.