

AGE	FOOD GROUP	FOOD	DAILY SERVINGS	SERVING SIZE	FEEDING TIPS	
0-4 Months	Milk	Breast Milk	8-12		*Nurse baby at least 5-10 minutes on each breast. *Six wet diapers a day are a good sign.	
		Formula	0-1 month	6-8	2-5 oz	*There is no need to force baby to finish a bottle.
			1-2 months	5-7	3-6 oz.	*Putting baby to bed with a bottle could cause choking!
			2-3 months	4-7	4-7 oz.	*Heating formula in the microwaave is not recommended.
2-4 months	4-6	6-8 oz.				
4-6 Months	Milk	Breast Milk	4-6		*May need to start baby cereal (iron fortified)	
		or Formula	4-6	6-8 oz.	*Feed only one new cereal each week	
	Grain	Baby Cereal (iron fortified)	2	1-2 Tbsp.	*There is no need to add salt or sugar to cereal	
6-8 Months	Milk	Breast Milk	3-5		*First add strained fruits & vegetables. Then, add mashed or finely chopped fruits & cooked vegetables.	
		or Formula	3-5	6-8 oz.	*Feed only one new fruit or vegetable each week.	
	Grain	Baby Cereal (iron fortified)	2	2-4 Tbsp.	*Do not feed directly from the jar.	
		Bread				
	Fruit	Crackers		2 crackers		
		Fruit	2	2-3 Tbsp.		
Vegetable	Vegetables	1	3 oz.			
8-12 MONTHS	Milk	Breast Milk	3-4		*Add strained or finely chopped meats now.	
		or Formula	3-4	6-8 oz.	*Feed only once new meat a week.	
	Grain	Cheese		1/2 oz	*Wait until baby's 1st birthday to feed egg whites. Some babies are sensitive to the egg white. It's ok to give baby the yolk.	
		Plain Yogurt		1/2 cup	*Be patient. Babies make a mess when they feed themselves.	
		Cottage Cheese		1/4 cup	*Always taste heated foods before serving them to baby.	
	Fruit	Baby Cereal (iron fortified)	2-3	2-4 Tbsp.		
		Bread or Crackers		1/2 slice		
	Vegetable	Crackers	2-3	2 crackers		
		Fruit	2	3-4 Tbsp.		
	Meat	Vegetables	2-3	3-4 Tbsp.		
12-24 months	Milk	Chicken, beef, beans or egg yolk	2	3-4 Tbsp.		
		Whole milk, yogurt	4	1/2 cup	*Add whole milk now	
		Cheese		1/2 oz.	*Offer small portions & never force your toddler to eat	
	Grain	Cottage Cheese		1/4 cup	*"Food jags" are common now. Do not make a big deal of of them.	
		Cereal, pasta or rice	6	1/4 cup	*Respect your toddler's likes & dislikes. Offer rejected food again.	
	Fruit	Bread, muffin, roll or crackers		2 crackers	*Serve colorful foods that are crunchy, smooth or warm.	
		Cooked, juice or whole	2	1/4 cup		
	Vegetable	Cooked, juice or whole	3	1/2 medium		
		Cooked, juice or whole	3	1/4 cup		
	Meat	Fish, chicken, turkey, beef or port	2	1 oz		
Cooked, dried beans or peas			1/4 cup			
	Egg		1			