

Infant Meal Pattern: Breakfast

Birth through 5 months	6 through 11 months
<p>4-6 fluid ounces breastmilk¹ or formula²</p>	<p>6-8 fluid ounces breastmilk¹ or formula²; and</p> <p>0-4 tablespoons of infant cereal^{2,3}, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or</p> <p>0-2 ounces of cheese; or 0-4 ounces (volume) or cottage cheese; or 0-4 ounces or ½ cup of yogurt⁴; or a combination of the above⁵; and</p> <p>0-2 tablespoons of vegetable or fruit or a combination of both^{5,6}</p>

¹Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

²Infant formula and dry infant cereal must be iron-fortified.

³Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁴Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁵A serving of this component is required when the infant is developmentally ready to accept it.

⁶Fruit and vegetable juices must not be served.

Infant Meal Pattern: Lunch and Supper

Birth through 5 months	6 through 11 months
<p>4-6 fluid ounces breastmilk¹ or formula²</p>	<p>6-8 fluid ounces breastmilk¹ or formula²; and</p> <p>0-4 tablespoons of infant cereal^{2,3}, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or</p> <p>0-2 ounces of cheese; or 0-4 ounces (volume) or cottage cheese; or 0-4 ounces or ½ cup of yogurt⁴; or a combination of the above⁵; and</p> <p>0-2 tablespoons of vegetable or fruit or a combination of both^{5,6}</p>

¹Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

²Infant formula and dry infant cereal must be iron-fortified.

³Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁴Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁵A serving of this component is required when the infant is developmentally ready to accept it.

⁶Fruit and vegetable juices must not be served.

Infant Meal Pattern: Snack

Birth through 5 months	6 through 11 months
<p>4-6 fluid ounces breastmilk¹ or formula²</p>	<p>2-4 fluid ounces breastmilk¹ or formula²; and</p> <p>0 - ½ slice bread^{3,4}; or</p> <p>0-2 crackers^{3,4}; or</p> <p>0-4 tablespoons infant cereal^{2,3,4} or Ready-to-eat breakfast cereal^{3,4,5,6};</p> <p>and</p> <p>0-2 tablespoons of vegetable or fruit or a combination of both^{6,7}</p>

¹Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

²Infant formula and dry infant cereal must be iron-fortified.

³Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁴A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

⁵Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

⁶A serving of this component is required when the infant is developmentally ready to accept it.

⁷Fruit and vegetable juices must not be served.