



Infant Feeding Schedule

The suggested infant feeding schedule below can be a useful tool when introducing your baby to solid foods. It was developed with pediatrician Dr. Harold Raucher, but you should always consult your own pediatrician if you are unsure whether or not your baby is ready to begin eating solid foods. As you are feeding your child, look for clues as to whether they are finished or looking for more. The amounts below are averages. While introducing new foods is important, you should emphasize foods that your child likes.

Age	Breast Milk	Formula*	Grains	Fruits and Vegetables	Yogurt, Meat and Poultry
0-1 month 	On average every 2-3 hours, or 8-10 feedings each day, 2-3 fl. oz. per feeding. Feed on demand.	On average every 3-4 hours or 6-8 feedings each day, 2-3 fl. oz. per feeding. Feed on demand.			
1-4 months 	On average 6-8 feedings each day. The number of feedings will decrease as your baby sleeps longer at night.	On average every 4-5 hours, or 5-6 feedings per day, 4-6 fl. oz. per feeding.			
4-6 months 	On average 6 feedings each day.	4-5 feedings each day, 6-8 oz. per feedings, maximum of 32 fl. oz. per day.	The first solid food is traditionally iron-fortified oatmeal or rice cereal, followed by other grains. This provides the extra iron the babies this age need. Start with 1 tbsp. each meal mixed with either breast milk or formula to desired consistency and increase to 4tbsp. each meal. Begin with 1 serving each day and advance to 2 when accepted by your baby.	Once baby accepts cereal, begin with strained fruits and vegetables. Start with single vegetables that are finely pureed. Advance to approximately 4 oz. jar per meal. Remember to try only one new food at a time; watch for signs of allergy (diarrhea, rash, vomiting).	
6-9 months 	Usually 4-6 feedings each day, as your baby takes more solids, the number of feedings may decrease.	Depending on the amount of solid food in your baby's diet, the formula will range from 24-30 oz. per day.	At 8 months, introduce foods that have more texture.	Continue with fruits and vegetables to include new single flavors and combinations offering new tastes and textures.	At 7 months can begin yogurt. At 8 months can begin finely milled poultry and meats.
9-12 months 	As the baby takes more solids the number of feedings will decrease. Usually 4 feedings each day.	The formula intake will fall to approximately 24 oz. per day.	Usually 1 time each day (1/4 - 1/2 cup). May want to try finger foods, such as well cooked pasta.	Usually 2 servings of fruit AND vegetables per day (1/4-1/2 cup each serving). As babies transition more to table foods, they can try a "chunkier" texture. Select easily chewable foods cut up into small pieces. Try more finger foods, such as small pieces of banana.	Usually 1 serving of yogurt (1/4 - 1/2 cup). Usually 1 serving of meat or poultry. For variety try scrambled eggs or soft cheese.

*Breast milk is the first choice for infant's growth, but if we and when you choose formula we offer Earth's Best Organic® infant formula