



Suggested 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 also emphasize foods that your child likes.

| | Breast Milk | Formula* | Grains | Fruits & Vegetables | Yogurt, Meat & Poultry | Feeding Tips |
|--------------------|-------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 0-1 Month | On average every 2-3 hours, or 8-10 feedings each day. Feed on demand. | On average every 3-4 hours, or 6-8 feedings each day, 2-3 fl. oz. per feeding. Feed on demand. | None | None | None | Some babies will eat every two hours, day & night, others will go for longer stretches. At this age, it is best to feed your baby "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. | None | None | None | Look for hunger cues such as tongue thrusting, lip smacking, head turning and "rooting," and sucking on fingers or fists. Feedings go more smoothly if you recognize the signs of hunger before the hunger cries begin. |
| 4-6 Months | On average 6 feedings each day. | 4-5 feedings each day, 6-8 oz. per feeding, maximum of 32 fl. oz. per day. | The first solid food is traditionally iron-fortified rice cereal, followed by oatmeal and other grains. This provides the extra iron that babies this age need. Start with 1 tbsp. each meal mixed with either breast milk or formula to desired consistency and increase to 4 tbsp. 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). | None | When your baby is able to hold their head up straight, they are probably ready to start solid foods. |
| 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 fl. 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. | Your baby can also chew using up and down motions and move food around in her mouth. Your baby will also start to pick up food with her fingers or palms, and put it into her mouth on her own. |
| 9-12 Months | As baby takes more solids, the number of feedings will decrease. Usually 4 feedings each day. | The formula intake will fall to approximately 24 fl. 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. | You will start to see signs of baby using the pincer grip (with thumb and forefinger) to pick up small objects with ease and without having to rest her wrist on a solid surface. As their coordination improves, try giving them a fork or spoon at mealtime. |



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