

# Infant Meal Pattern

ALL SERVING SIZES ARE MINIMUM QUANTITIES OF FOOD COMPONENTS.

	0-5 months	6-11 months
<b>Breakfast</b>	4 to 6 fl oz. breastmilk or formula	6 to 8 fl oz. breastmilk or formula
		0 to 4 tbsp. infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0 to 2 oz. cheese; or 0 to 4 oz. (volume) cottage cheese; or 0 to 8 oz. yogurt; or a combination*
		0 to 2 tbsp. vegetable, fruit, or both
<b>Lunch/ Supper</b>	4 to 6 fl oz. breastmilk or formula	6 to 8 fl oz. breastmilk or formula
		0 to 4 tbsp. infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0 to 2 oz. cheese; or 0 to 4 oz. (volume) cottage cheese; or 0 to 8 oz. yogurt; or a combination*
		0 to 2 tbsp. vegetable, fruit, or both
<b>Snack</b>	4 to 6 fl oz. breastmilk or formula	2 to 4 fl oz. breastmilk or formula
		0 to 1/2 bread slice; or 0 to 2 crackers; or 0 to 4 tbsp. infant cereal or ready-to-eat cereal*
		0 to 2 tbsp. vegetable, fruit, or both