

# Daily Food Guide for Infants 0-12 Months



# Newborn - 4 months

- Your baby shows skills of rooting, sucking and swallowing.
- Your baby will need 2-6 oz of breastmilk or formula; this should be on demand, about 6-12 feedings.



# 4-6 months

Your baby may be holding their head up and only needs a little support to sit up. They also may be more interested in what you are eating. Talk with your provider about starting solids. If your infant is at high risk for peanut allergies, discuss the safety of starting to offer peanut protein to prevent allergies.

| <b>Food Groups</b> | <b>Foods</b>                              | <b>Daily Amounts/<br/>Serving Size</b> |
|--------------------|---|--|
| Milk               | Breastmilk                                | On demand                              |
|                    | Formula                                   | 4-6 feedings; 6-8 oz                   |
| Grain              | Single grain, iron fortified cereal       | 2-4 Tbsp of food per day total         |
| Protein            | Strained meat, puréed fruits & vegetables |  |

## 6-8 months

Your baby may have good head control and is sitting up independently. They may be putting toys in their mouth and grasping items with their hands and fingers. If your infant was started on solids at 4 months they may be ready to increase volumes and start to have some texture. If your infant is not at high risk for peanut allergy, small amounts of peanut protein may be introduced at this time.\*



\*Do not introduce cow's milk before 1 year of age.

## 6-8 months continued

| <b>Food Groups</b> | <b>Foods</b>  | <b>Daily Amounts/<br/>Serving Size</b> |
|--------------------|---|--|
| Milk               | Breastmilk  | On demand                              |
|                    | Formula   | 4-5 feedings; 6-8 oz                   |
| Grain              | Iron fortified baby cereal, bread, crackers, pasta          | 2 servings; up to 2-4 Tbsp/serving     |
| Protein            | Ground meats, tofu, chopped eggs, cooked beans, nut butters | 2 servings; up to 2-3 Tbsp/serving     |
| Fruits & Veggies   | Small, soft, chopped fruit & soft cooked veggies chopped    | 2-3 servings; up to 3-4 Tbsp/serving   |
| Dairy              | Cheese, whole milk yogurt, cottage cheese                   | 2 servings; up to 1/4 C per day        |

## 8-12 months

By this time, infants should be working toward getting off of puréed foods and working toward being on mostly table foods using utensils or finger feeding.



## 8-12 months continued

| Food Groups      | Foods  | Daily Amounts/<br>Serving Size          |
|------------------|--|---|
| Milk             | Breastmilk   | On demand                               |
|                  | Formula  | 4-5 feedings; 6-8 oz                    |
| Grain            | Iron fortified baby cereal, bread, crackers, pasta                   | 2 servings; up to 3-4 Tbsp or 1/2 slice |
| Protein          | Ground/chopped meats, tofu, beans, cooked eggs, lentils, nut butters | 2 servings; up to 3-4 Tbsp/serving      |
| Fruits & Veggies | Small, soft, chopped fruit & soft cooked veggies chopped             | 2-3 servings; up to 3-4 Tbsp/serving    |
| Dairy            | Cheese, whole milk yogurt, cottage cheese                            | 2 servings; up to 1/4 C per day         |