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Suggested Infant Feeding Schedule

Use this as a suggested feeding schedule for introducing your baby to solid foods. Consult your pediatrician if you are unsure whether your baby is ready to begin eating solid food.

Age	Breast Milk	Formula	Grains	Fruit & Vegetables	Yogurt, Meat & Poultry	Tips
0-1 Month	Every 2-3 hours, or 8-10 feedings each day. Feed on demand.	Breast milk is best, but if you choose formula there is an organic option. Every 3-4 hours, or 6-8 feedings each day, 2-3 oz. per feeding.	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	6-8 feedings each day. The number of feedings will decrease as your baby sleeps longer at night.	Every 4-5 hours, or 5-6 feedings per day. 4-6 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	Usually 6 feedings each day.	4-5 feedings each day 6-8 oz. per feeding maximum of 32 oz. per day	Iron-fortified rice cereal is typically the first solid food, followed by oatmeal & other grains. Start with 1 tbsp. each meal mixed with breast milk or formula to desired consistency and increase to 4 tbsp each meal. Begin with 1 serving each day, advance to 2 when accepted by baby.	Once baby accepts cereal, begin with strained fruits & 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 will 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.	May want to try juice. 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 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 & 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.