

# Baby Meal Plan (0-12 months)

	~ 6-7 a.m.	~ 8-9 a.m.	~ 11a.m.-12 p.m.	~ 2-3 p.m.	~ 5-6 p.m.	~ 7-8 p.m.
Months 0-2	☺ <b>Breast milk or iron fortified infant formula:</b> 3-4 oz, on demand	☺ <b>Breast milk or iron fortified infant formula:</b> 3-4 oz, on demand	☺ <b>Breast milk or iron fortified infant formula:</b> 3-4 oz, on demand	☺ <b>Breast milk or iron fortified infant formula:</b> 3-4 oz, on demand	☺ <b>Breast milk or iron fortified infant formula:</b> 3-4 oz, on demand	<b>Breast milk or iron fortified infant formula:</b> 3-4 oz, on demand
Months 3-4	☺ <b>Breast milk or iron fortified infant formula:</b> 4-6 oz, on demand	☺ <b>Breast milk or iron fortified infant formula:</b> 4-6 oz, on demand	☺ <b>Breast milk or iron fortified infant formula:</b> 4-6 oz, on demand	☺ <b>Breast milk or iron fortified infant formula:</b> 4-6 oz, on demand	☺ <b>Breast milk or iron fortified infant formula:</b> 4-6 oz, on demand	☺ <b>Breast milk or iron fortified infant formula:</b> 4-6 oz, on demand
Month 5	☺ <b>Breast milk or iron fortified infant formula:</b> 4-6 oz	☺ <b>Breast milk or iron fortified infant formula:</b> 4-6 oz	☺ <b>Breast milk or iron fortified infant formula:</b> 4-6 oz	☺ <b>Breast milk or iron fortified infant formula:</b> 4-6 oz	☺ <b>Iron fortified infant oatmeal cereal:</b> 2-4 Tbsp, mixed with formula, breast milk or water ☺ <b>Breast milk or iron fortified infant formula:</b> 4-6 oz	☺ <b>Breast milk or iron fortified infant formula:</b> 4-6 oz
Month 6-7	☺ <b>Breast milk or iron fortified infant formula:</b> 4-6 oz	☺ <b>Fruit or vegetable puree:</b> 2-4 Tbsp thin and smooth – homemade or stage 1-2 ☺ <b>Iron fortified infant oatmeal cereal:</b> 2-4 Tbsp, mixed with formula or breast milk ☺ <b>Breast milk or iron fortified infant formula:</b> 4-6 oz	☺ <b>Breast milk or iron fortified infant formula:</b> 4-6 oz	☺ <b>Breast milk or iron fortified infant formula:</b> 4-6 oz	☺ <b>Fruit or vegetable puree:</b> 2-4 Tbsp thin and smooth – homemade or stage 1-2 ☺ <b>Iron fortified infant oatmeal cereal:</b> 2-4 Tbsp, mixed with formula or breast milk ☺ <b>Breast milk or iron fortified infant formula:</b> 4-6 oz	☺ <b>Breast milk or iron fortified infant formula:</b> 4-6 oz
Month 8	☺ <b>Iron fortified infant oatmeal cereal:</b> 2-4 Tbsp, mixed with formula or breast milk ☺ <b>Fruit:</b> 2 Tbsp small soft pieces fresh fruit (for self-feeding) ☺ <b>Breast milk or formula:</b> 2-4 oz in sippy cup	☺ <b>Breast milk or iron fortified infant formula:</b> 6-8 oz	☺ <b>Cheerios:</b> 2-4 Tbsp plain Cheerios ☺ <b>Vegetable:</b> 2-4 Tbsp soft cooked or stage 3 ☺ <b>Yogurt (whole milk, such as YoBaby):</b> 2-4 oz	☺ <b>Breast milk or iron fortified infant formula:</b> 6-8 oz	☺ <b>Vegetable/meat:</b> 2-4 Tbsp mashed vegetable or stage 3 veg, mixed with 2 Tbsp pureed meat ☺ <b>Fruit:</b> 2-4 Tbsp small soft pieces fresh fruit ☺ <b>Breast milk or formula:</b> 2-4 oz in sippy cup	☺ <b>Breast milk or iron fortified infant formula:</b> 6-8 oz
Month 9	☺ <b>Yogurt (whole milk, such as YoBaby):</b> 2-4 oz ☺ <b>Fruit:</b> 2-4 Tbsp small soft pieces fresh fruit ☺ <b>Cheerios:</b> 2-4 Tbsp plain Cheerios	☺ <b>Breast milk or iron fortified infant formula:</b> 6-8 oz	☺ <b>Toast:</b> ¼- ½ slice whole wheat bread with butter ☺ <b>Vegetable:</b> 2-4 Tbsp soft cooked ☺ <b>Egg:</b> 1 scrambled egg, cooked in butter ☺ <b>Breast milk or formula:</b> 2-4 oz in sippy cup	☺ <b>Breast milk or iron fortified infant formula:</b> 6-8 oz	☺ <b>Bread/cracker:</b> ¼ - ½ slice or 2 crackers, with butter ☺ <b>Vegetable:</b> 2-4 Tbsp soft cooked ☺ <b>Meat:</b> 2-4 Tbsp ground or shredded meat (chicken, pork, turkey, etc) ☺ <b>Breast milk or formula:</b> 2-4	☺ <b>Breast milk or iron fortified infant formula:</b> 6-8 oz
Months 10-11	☺ <b>Whole grain:</b> ½ -1 oz whole wheat toast or dry cereal ☺ <b>Fruit:</b> 2-4 Tbsp fresh fruit ☺ <b>Protein:</b> 2-4 oz whole milk yogurt or 1 egg ☺ <b>Breast milk or formula:</b> 2-4 oz in sippy cup	☺ <b>Breast milk or iron fortified infant formula:</b> 6-8 oz	☺ <b>Whole grain:</b> ½ - 1 oz whole wheat bread or noodle ☺ <b>Vegetable:</b> 2-4 Tbsp soft cooked ☺ <b>Protein:</b> 1 oz soft meat/poultry ☺ <b>Breast milk or formula:</b> 2-4 oz in sippy cup	☺ <b>Fruit:</b> 2-4 Tbsp fresh fruit ☺ <b>Breast milk or formula:</b> 2-4 oz in sippy cup	☺ <b>Whole grain:</b> ½ - 1 oz whole wheat bread, brown rice or noodle ☺ <b>Vegetable:</b> 2-4 Tbsp soft cooked ☺ <b>Protein:</b> 1 oz soft meat/poultry ☺ <b>Breast milk or formula:</b> 2-4 oz in sippy cup	☺ <b>Breast milk or iron fortified infant formula:</b> 6-8 oz

\* **Tips:** 1. Introduce 1 new food every 3-5 days. 2. Steam and food process with a little water to make homemade foods when possible. 3. Goal: wean purees by 1<sup>st</sup> birthday. 4. All babies need extra vitamin D.