

Appendix C: Infant Meal Pattern

Breakfast	
Birth through 5 months	6 through 11 months
4–6 fluid ounces breastmilk ¹ or formula ²	<p>6–8 fluid ounces breastmilk¹ or formula²; and</p> <p>0–4 tablespoons infant cereal,² meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or</p> <p>0–2 ounces of cheese; or</p> <p>0–4 ounces (volume) of cottage cheese; or 0–4 ounces or ½ cup of yogurt³; or a combination of the above⁴; and</p> <p>0–2 tablespoons vegetable or fruit or a combination of both^{4,5}</p>
Lunch and Supper	
Birth through 5 months	6 through 11 months
4–6 fluid ounces breastmilk ¹ or formula ²	<p>6–8 fluid ounces breastmilk¹ or formula²; and</p> <p>0–4 tablespoons infant cereal,² meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or</p> <p>0–2 ounces of cheese; or</p> <p>0–4 ounces (volume) of cottage cheese; or 0–4 ounces or ½ cup of yogurt³; or a combination of the above⁴; and</p> <p>0–2 tablespoons vegetable or fruit or a combination of both^{4,5}</p>

Snack

Birth through 5 months

4–6 fluid ounces breastmilk¹ or formula²

6 through 11 months

2–4 fluid ounces breastmilk¹ or formula²; and
0–½ slice bread⁶; or 0–2 crackers⁶; or
0–4 tablespoons infant cereal^{2,6} or ready-to-eat
breakfast cereal^{4,6,7}; and
0–2 tablespoons vegetable or fruit, or a
combination of both^{4,5}

¹ Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

³ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁴ A serving of this component is required when the infant is developmentally ready to accept it.

⁵ Fruit and vegetable juices must not be served.

⁶ All grains served must be made with enriched or whole grain meal or flour. Ready-to-eat breakfast cereals and infant cereals that are fortified are also creditable.

⁷ Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).