

B A B Y

Feeding Chart



Foods	0-2 Months	2-4 Months	4-6 months	6-8 months	8-10 months	10-12 Months
Breast milk or formula	2-6 oz. every 2-4 hours and 6-10 feedings per day Feed on demand	4-8 oz. every 2-5 hours and 4-8 feedings per day Number of feedings will decrease as baby sleeps longer at night None	26-40 oz. total per day 5-8 oz. every 4-5 hours and 4-7 feedings per day	26-33 oz. total per day 6-8 oz. every 4-5 hours and 3-5 feedings per day	21-32 oz. total per day 3-4 feedings per day Number of feedings will decrease as baby takes more solid foods.	21-29 oz. total per day 3-4 feedings per day Follow baby's hunger cues.
Grains	None	None	We recommend waiting until after 5 months to start cereal. Use rice, barley, or oatmeal infant cereals (iron-fortified).	3-9 tbsp per day 2-3 feedings per day Single-grain infant cereals (iron fortified).	Infant cereal, plain hot cereals, toast, crackers, teething biscuits.	Infant or cooked unsweetened cereals, whole wheat bread, mashed potatoes, rice, noodles, spaghetti.
Veggies & Fruits	None	None	None	1/4 – 1/2 cup per day Strained or mashed, cooked vegetables.	Strained or mashed, cooked, soft vegetables. Mashed, chopped fruits.	Cooked vegetable pieces. Mashed, chopped fruits. Select easily chewable
Finger Foods	None	None	None	None	Select easily chewable foods, cut up into small pieces. Small pieces of fruit, cooked pasta, cereal.	foods, cut up into small pieces. Small pieces of fruit (peel if needed), cooked pasta, scrambled eggs. 1/4 – 1/2 cup
Dairy	None	None	None	At 7 months, may possibly begin yogurt.	1/4 – 1/2 cup	Usually 1 serving of meat
Meat	None	None	None	None	Pureed meats (beef, chicken, pork, turkey).	
Tips and Helpful Hints	Some babies will eat every 2 hours, day and night. Others may go longer, so it is best to feed on demand. Around 6 wet diapers a day is a good sign that the baby is getting enough to eat.	Look for hunger cues such as tongue thrusting, lip smacking, head turning and sucking on fingers/fists. Around 6 wet diapers a day is a good sign that the baby is getting enough to eat.	Mix 2-3 tbsp of baby cereal with formula or breast milk after 5 months of age. Use baby spoon. Don't expect baby to eat much at first, so begin with 1 serving each day, advance to 2-3 when accepted.	Can start using sippy or open cup. Start with mild tasting vegetables like green beans, peas, and squash. Your baby will begin picking up food with their fingers/palms and put it into his/her mouth on their own. Can start eggs, peanut butter. Discuss with Pediatrician first.	Baby will start using the pincer grasp (thumb and forefinger) to pick up small objects with ease. Continue to offer beverages in cup. Test all heated foods before serving.	Baby will start using the pincer grasp (thumb and forefinger) to pick up small objects with ease. As coordination improves, introduce a baby spoon or fork to encourage self-feeding Continue to offer beverages in a cup. Test all heated foods before serving.

Per the American Academy of Pediatrics (AAP), no juice intake is recommended before age 1. No honey or cow's milk is recommended for the first year of life.

Monitor the new foods that you introduce and take your time with each new food, paying special attention to any possible allergic reaction. Consult your pediatrician's office if you have questions or concerns regarding common food allergens.

Every baby is unique, so don't worry if your baby eats a little more or less than this guide suggests, in fact, it is perfectly normal. The suggested serving sizes are to help you get started. Also, try new foods several times, as your baby might not like it the first time it is introduced.