




















## INFANT MEAL PATTERN

4/2019

BREAKFAST, LUNCH, SUPPER	0-5 MONTHS	6 MONTHS TO 1 <sup>ST</sup> BIRTHDAY
Breast Milk <sup>1</sup> or Iron Fortified Formula <sup>2</sup> Or portions of both 	4-6 ounces	6-8 ounces
Vegetables or Fruits <sup>4,5</sup> (no juice) 	Not required for this age group.	0-2 Tbsp. Vegetable or Fruit or both
Meat or Meat Alternate (choose one) <sup>4</sup> <div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center;">  <p>Dry infant cereal<sup>2</sup></p> </div> <div style="text-align: center;">  <p>Cooked dry peas (lentils)</p> </div> <div style="text-align: center;">  <p>Meat</p> </div> <div style="text-align: center;">  <p>Cooked dry beans</p> </div> <div style="text-align: center;">  <p>Fish</p> </div> <div style="text-align: center;">  <p>Cheese</p> </div> <div style="text-align: center;">  <p>Poultry</p> </div> <div style="text-align: center;">  <p>Cottage cheese</p> </div> <div style="text-align: center;">  <p>Whole egg</p> </div> <div style="text-align: center;">  <p>Yogurt<sup>3</sup></p> </div> </div>		Choose at least one of the following:  0-4 Tbsp of: <ul style="list-style-type: none"> <li>• Dry infant cereal</li> <li>• Meat</li> <li>• Fish</li> <li>• Poultry</li> <li>• Whole egg</li> <li>• Cooked dry peas</li> <li>• Cooked dry beans</li> </ul> OR <ul style="list-style-type: none"> <li>• 0-2 ounces cheese</li> <li>• 0-4 ounces cottage cheese</li> <li>• 0-4 ounces dairy yogurt</li> </ul> (1 oz = 2 Tbsp) (4oz = 1/2 c)
SNACK		0-5 MONTHS
Breast Milk <sup>1</sup> or Iron Fortified Formula <sup>2</sup> Or portions of both 	4-6 ounces	2-4 ounces
Vegetable or Fruit <sup>5,6</sup> (no juice) 	Not required for this age group.	0-2 Tbsp Vegetable or Fruit or both
Bread or Crackers, Dry infant cereal <sup>2</sup> or Ready-to-eat cereal <sup>3,4,5</sup> <div style="display: flex; justify-content: space-around; text-align: center;"> <div> Bread</div> <div> Cracker</div> <div> Dry infant cereal</div> <div> Ready-to-eat cereal</div> </div>		Choose one: <ul style="list-style-type: none"> <li>• 0 - ½ slice of bread</li> <li>• 0-2 crackers</li> <li>• 0 - 4 Tbsp (1/4 c) dry infant cereal or ready-to-eat breakfast cereal</li> </ul>
SEE REVERSE FOR SUPERScript EXPLANATIONS 		

## BREAKFAST, LUNCH, SUPPER

<sup>1</sup> 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.

<sup>2</sup> Infant formula and dry infant cereal must be iron-fortified.

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

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

<sup>5</sup> Fruit and vegetable juices must not be served.

## SNACK

<sup>1</sup> 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.

<sup>2</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>3</sup> A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

<sup>4</sup> 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).

<sup>5</sup> A serving of this component is required when the infant is developmentally ready to accept it.

<sup>6</sup> Fruit and vegetable juices must not be served.