## **Infant Meal Pattern**

Breakfast	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup>	6-8 fluid ounces breastmilk <sup>1</sup> or
	formula <sup>2</sup> ; and
	0-4 tablespoons
	infant cereal <sup>2,3</sup>
	meat,
	fish,
	poultry,
	whole egg,
	cooked dry beans, or
	cooked dry peas; or
	0-2 ounces of cheese; or
	0-4 ounces (volume) of cottage cheese; or
	0-4 ounces or ½cup of yogurt <sup>4</sup> ; or a
	combination of the above <sup>5</sup> ; and
	0-2 tablespoons vegetable or fruit or a
	combination of both <sup>5,6</sup>

<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>Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

<sup>4</sup>Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<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.

## **Infant Meal Pattern**

Lunch and Supper	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup>	6-8 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup> ; and
	<ul> <li>0-4 tablespoons infant cereal<sup>2,3</sup> meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or</li> <li>0-2 ounces of cheese; or</li> <li>0-4 ounces (volume) of cottage cheese; or</li> <li>0-4 ounces or ½cup of yogurt<sup>4</sup>; or a combination of the above<sup>5</sup>; and</li> </ul>
<sup>1</sup> Proactmilk or formula, or portions of both must be	0-2 tablespoons vegetable or fruit or a combination of both <sup>5,6</sup>

<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>Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

<sup>4</sup>Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<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.

## **Infant Meal Pattern**

Snack	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup>	<ul> <li>2-4 fluid ounces breastmilk<sup>1</sup> or formula<sup>2</sup>; and</li> <li>0-½ slice bread<sup>3,4</sup>; or</li> <li>0-2 crackers<sup>3,4</sup>; or</li> <li>0-4 tablespoons infant cereal<sup>2,3,4</sup> or ready-to-eat breakfast cereal<sup>3,4,5,6</sup>; and</li> </ul>
	0-2 tablespoons vegetable or fruit, or a combination of both <sup>6,7</sup>

<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>Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

<sup>4</sup>A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

<sup>5</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>6</sup>A serving of this component is required when the infant is developmentally ready to accept it.

<sup>7</sup> Fruit and vegetable juices must not be served.