

FEEDING PLAN GUIDELINES

- INSTRUCTIONS:** This is a guideline. Each child will grow at a different rate.
 1. Formula and juice may be offered in a training cup when a child is ready.
 2. Formula is used until 12 months unless otherwise stated by a physician.
 3. Only plain, strained, mashed or chopped vegetables, fruits and meats are offered.
 4. Most children are ready for foods of coarser consistency between 9 - 10 months of age. Mashed or chopped table foods may be used.
 5. Strained or mashed foods should be introduced at 6 months if the infant's neuromuscular system has developed appropriately. Indications for solid foods are: the ability to swallow non-liquid foods, to sit with support, head and neck control, and to show that the child is full lean back or turn away.
 6. Finger foods may be offered between 9 - 12 months when infant is developing finger / hand coordination.

2 MONTHS - 5 MONTHS				TIME INTERVAL
Month 5	Month 4	Month 3	Month 2	6:00 a.m.
Month 5	Month 4	Month 3	Month 2	10:00 a.m.
Month 5	Month 4	Month 3	Month 2	2:00 p.m.
Month 5	Month 4	Month 3	Month 2	6:00 p.m.
Month 5	Month 4	Month 3	Month 2	10:00 p.m.
Month 5	Month 4	Month 3	Month 2	2:00 a.m.
AMOUNT EACH FEEDING				

6 MONTHS - 12 MONTHS					
Total Formula Per 24 Hours	Month 6	Month 7	Month 8	Month 9	Months 10, 11, and 12
5 - 8 oz. formula 2 - 3T baby cereal *	6 oz. formula 2 - 3T baby cereal *	7 - 8 oz. formula 3 - 5T baby cereal *	7 - 8 oz. formula 4 - 6T baby cereal *	7 - 8 oz. formula ** 4 - 6T baby cereal *	6 - 8 oz. formula ** (1 cup) 1/4 - 1/2 baby cereal *
9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.
5 - 8 oz. formula 1/2 dry toast or 2 crackers	6 oz. formula 2 - 3T strained vegetable	7 - 8 oz. formula 5 - 9T vegetable 2 - 4T fruit	7 - 8 oz. formula 1 - 2T meat 5 - 9T vegetable 2 - 4T fruit	6 - 8 oz. formula ** (1 cup) 2T meat 2 - 6T potato, rice, noodles 5 - 9T vegetable 4 - 6T fruit	6 - 8 oz. formula ** (1 cup) 2T meat 2 - 6T potato, rice, noodles 2 - 4T vegetable 2 - 4T fruit
12:00 Noon	12:00 Noon	12:00 Noon	12:00 Noon	12:00 Noon	12:00 Noon
5 - 8 oz. formula	6 oz. formula	7 - 8 oz. formula 1/4 dry toast or 1 cracker	7 - 8 oz. formula juice 1/2 cup Vit. C fortified fruit	7 - 8 oz. formula ** juice 1/2 cup Vit. C fortified fruit	6 - 8 oz. formula ** (1 cup) juice 1/2 dry toast or 2 crackers
3:00 p.m.	3:00 p.m.	3:00 p.m.	3:00 p.m.	3:00 p.m.	3:00 p.m.
5 - 8 oz. formula	6 oz. formula	7 - 8 oz. formula	7 - 8 oz. formula	7 - 8 oz. formula **	6 - 8 oz. formula ** (1 cup) 1/2 dry toast or 2 crackers
6:00 p.m.	6:00 p.m.	6:00 p.m.	6:00 p.m.	6:00 p.m.	6:00 p.m.
5 - 8 oz. formula 2 - 3T baby cereal *	6 oz. formula 2 - 3T strained fruit 2 - 3T baby cereal *	7 - 8 oz. formula 5 - 9T vegetable 2 - 4T fruit 2 - 5T baby cereal *	7 - 8 oz. formula 1T meat 2 - 4T fruit 4T baby cereal *	7 - 8 oz. formula ** 1T meat 2 - 4T fruit 4T baby cereal *	6 - 8 oz. formula ** (1 cup) 2T meat 2 - 6T potato, rice, noodles 2 - 4T vegetable 2 - 4T fruit
9:00 p.m.	9:00 p.m.	9:00 p.m.	9:00 p.m.	9:00 p.m.	9:00 p.m.
5 - 8 oz. formula	5 - 8 oz. formula	5 - 8 oz. formula	5 - 8 oz. formula	5 - 8 oz. formula	5 - 8 oz. formula
May start sleeping through the night.					

* If dry cereal is used, mix cereal and formula in a bowl. Feed with a spoon.
 ** Formula may be offered in a training cup.