

How to Feed Your Baby Step-by-Step

Every baby is special. Don't worry if your baby eats a little more or a little less than this guide suggests. In fact, this is perfectly normal. The suggested serving sizes are only guidelines to help you get started. Please contact your provider if you have any questions.

Age	Food Group	Foods	Daily Servings	Suggested Serving Size	Feeding Tips
0-4 Months	Milk	Breast milk OR Formula 0-1 Months 1-2 Months 2-3 Months 3-4 Months *Usually milk based, iron fortified.	8-12/on demand 6-8 5-7 4-7	2-5 oz 3-6 oz 4-7 oz 6-8 oz	<ul style="list-style-type: none"> Nurse baby at least 5-10 minutes on each breast. Your baby should not go more than 3-4 hours without feeding in the first few weeks of life Six wet diapers a day is a good sign. There's no need to force baby to finish a bottle. Putting baby to bed with a bottle could cause choking and tooth decay. Heating in the microwave is NOT recommended. Breastfed babies need 10 minutes of sun exposure 2x/week to get vitamin D. They should also take a vitamin daily
4-6 Months	Milk	Breast milk OR Formula	4-6 4-6	6-8 oz	<ul style="list-style-type: none"> Start with 1 meal of solids each day. Start baby on rice baby cereal (iron-fortified). Feed only one new cereal each week. There's no need to add salt or sugar to cereal. Use the microwave with caution. *Once baby is taking cereal for a few weeks it is ok to try fruit and vegetables. Vegetables are recommended first as they are blander.
	Grain	Baby cereal (iron-fortified)	2	1-2 Tbsp	
	*Fruit-Vegetable	As below	1	As below, likely smaller	
6-8 Months	Milk	Breast milk OR Formula Yogurt (no berries)	3-5 3-5 Offer	6-8 oz As below, likely smaller	<ul style="list-style-type: none"> Offer 2-3 meal each day plus breast milk or formula. Add strained fruits and vegetables at first. Add mashed or finely chopped fruits and cooked vegetables later on. Feed only one new fruit or vegetable every 3-4 days. Yogurt in flavors such as banana and vanilla. No berries Single ingredient pureed meats are an option. It's ok to wait until later when your baby can handle ground meat Babies do not routinely need water. Offer breast milk or formula after and in between meals. Try introducing cup feedings.
	Grain	Baby cereal (iron-fortified) Bread, or bun crackers	2 Offer	2-4 Tbsp ½ 2 Crackers	
	Fruit-Vegetable	Fruit or vegetables	4	2-3 Tbsp	
	Meat	Pureed meat	Offer	As below, likely smaller	
8-12 Months	Milk	Breast milk, Formula Cheese Plain Yogurt Cottage Cheese	3-4 Offer	6-8 oz ½ oz ½ cup ¼ cup	<ul style="list-style-type: none"> Offer 3 meals each day in addition to breast milk or formula. Add strained or finely chopped meats. Feed only one new meat a week. Give low sugar, low salt cereals. You can give semi-soft cheese in small chunks. Wait until baby's first birthday to feed egg. Be patient. Babies make a mess when they feed themselves. Always taste heated foods before serving them to baby. Try giving baby small soft cooked pieces of vegetables. By 10 months some babies give up on baby food.
	Grain	Baby cereal (iron-fortified) Bread, soft cooked pasta, or rice Crackers	2 2	2-4 Tbsp ½ 2 Crackers	
	Fruit-Vegetable	Fruit or vegetables	4	3-4 Tbsp	
	Meat	Chicken, beef, pork, cooked dried beans	2	3—4 Tbsp	
12-24 Months	Milk	Whole milk, yogurt Cheese Cottage cheese	3	½ cup ½ oz ¼ cup	<ul style="list-style-type: none"> Add whole milk now. Offer small portions and never force your toddler. "Food jags" are common now. Don't make a big deal out of them. Respect your toddler's likes and dislikes. Offer rejected foods again. Make meals fun and interesting. Serve colorful foods that are crunchy, smooth, or warm. Feed your toddler at least 3 healthy snacks every day.
	Grain	Cereal, pasta or rice Break, muffins, bagels, rolls Crackers	4	¼ cup ½ 2 Crackers	
	Fruit-Vegetable	All fruits and vegetables: cooked and whole	4	¼ cup ½ medium	
	Meat	Fish, chicken, turkey, beef, pork Cooked dried beans or peas Egg	2	1 oz ¼ cup 1	

Foods to avoid in the first year: chocolate, citrus fruits, eggs, fish, honey, nuts, raspberries, shellfish, strawberries, tomatoes.