

Feeding Your Baby, Step by Step

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

Age	Food Group	Foods	Daily Servings	Suggested Portion Size	Feeding Tips
0 – 4 months	Milk	Breast milk or formula with iron	On demand (8 – 12 times)	2 – 4 ounces	<ul style="list-style-type: none"> • Nurse baby at least 10 – 20 minutes on each breast • Six wet diapers a day is a good sign • There is no need to force a baby to finish a bottle • Putting baby to bed with a bottle could cause choking • Heating formula or breast milk in the microwave is not recommended
4 – 6 months	Milk	Breast milk or formula	4 – 6 servings	6 – 8 ounces	<ul style="list-style-type: none"> • May be ready to start iron-fortified baby cereal • If doing well, can add strained fruits and vegetables • Introduce only one new food every 3 days • Do not add sugar or salt
	Grain	Baby cereal	1 – 2 servings	1 – 2 tbsp.	
6 – 8 months	Milk	Breast milk or formula	3 – 5 servings	6 – 8 ounces	<ul style="list-style-type: none"> • Baby can have solid foods twice daily • Add strained fruits and vegetables first • Add mashed or finely chopped fruits and vegetables next • Feed only one new food every 3 days • Take the amount for one feeding out of a jar and refrigerate the remaining food • Can offer water in a sippy cup • Babies do not need to drink juice
	Grain	Baby cereal Bread Crackers	2 servings Offer Offer	2 – 3 tbsp. ¼ slice 1 – 2 crackers	
	Fruit	Fruit	1-2 servings	2 – 3 tbsp.	
	Vegetable	Vegetables	1-2 servings	2 – 3 tbsp.	
8 – 12 months	Milk	Breast milk or formula Cheese Plain yogurt Cottage cheese	3 – 4 servings Offer Offer Offer	6 – 8 ounces ½ ounce ½ cup ¼ cup	<ul style="list-style-type: none"> • Be patient. Babies make a mess when they feed themselves • Babies may have to try a food 10 – 15 times before they like it • Always test heated foods before serving them to baby • Continue to give water with fluoride in a sippy cup • Children should eat with the family as much as possible
	Grain	Baby cereal Bread Crackers Pasta or rice	2 servings	2 – 3 tbsp. ¼ slice 2 crackers ¼ cup	
	Fruit	Fruit	1-2 servings	3 – 4 tbsp.	
	Vegetable	Vegetables	1-2 servings	3 – 4 tbsp.	
	Protein	Chicken, beef, pork, fish Cooked beans Egg	2 servings	2 – 3 tbsp. 2 – 3 tbsp. ½	

12 – 24 months	Milk	Breast milk or whole milk Cheese Plain yogurt Cottage cheese	4 servings Offer Offer Offer	6 ounces ½ ounce ½ cup ¼ cup	<ul style="list-style-type: none"> • Can wean to whole cow’s milk; should switch from a bottle to a sippy cup • Child should drink 8 ounces of fluorinated water daily • Offer small portions and never force your child to eat • “Food jags” are common; don’t make a big deal out of them • Continue to offer rejected foods; children have to try foods many times before they accept them • Make meals fun; offer food that is colorful, crunchy or smooth, warm or cold. • Toddlers need to eat 5 – 6 times per day; snacks should be small meals not “snack food”
	Grain	Cereal Pasta or rice Bread, muffins Crackers	4 – 5 servings	¼ cup ¼ cup ½ slice 2 crackers	
	Fruit	Fresh Cooked	2 servings	½ medium 2 tbsp.	
	Vegetable	Raw Cooked	4 – 5 servings	2 – 3 pieces 2 tbsp.	
	Protein	Chicken, beef, pork, fish Cooked beans Egg	3 – 4 servings	½ – 1 ounce 2 tbsp. 1	

Learn more tips on feeding your baby, and check out other parenting resources at www.mottchildren.org/your-child