

AGE	APPROPRIATE FOODS	AMOUNT
0-2 months (0-8weeks)	Breastmilk or Newborn formula <i>**Can't overfeed a breastfed infant. You can overfeed a FORMULA fed infant.</i> Newborn formula	Feed on demand 8 or more x in 24 hour period (Baby should regain birth weight between 10-14 days of life. Normal infant weight gain is 4-7 oz a week) 2-3 oz every 3 hours. (based on infants weight baby should receive between 16-28oz a day.
2-4 months	Breastmilk iron fortified formula	Feed on demand 6 or more times in 24 hours 4-6 feedings a day. Total daily amount based on baby's weight between 28-32 oz in 24 hours
6 months	Breastmilk Formula iron fortified cereal	Feed on demand 6 or more times in 24 hours 4-6 Feeding, around 32 oz in 24 hours 1-2 tablespoons, 1-2 times a day
6-9 months	Breastmilk Formula iron fortified cereal Strained vegetables Strained fruits Strained meats plain toast or teething biscuit	3-5 feedings, or as desired by mom and baby 3-5 feedings, 30-32 oz in 24 hours 2-3 tablespoons, 2 times a day 2-3 tablespoons, 2 times a day 2-3 tablespoons, 2 times a day 1-2 tablespoons, 1-2 times a day 1/2 -1 serving
9-12 months	Breastmilk Formula water in a sippy cup iron fortified cereal soft chopped vegetables soft chopped fruits tender chopped meats, avoid hot dogs bread and bread products cottage cheese, plain yogurt, soft cheese	3-4 feedings, or as desired by mom and baby 24-30 oz in 24 hours 3-4 oz 3-4 tablespoons, 2 times a day 3-4 tablespoons, 2 times a day 3-4 tablespoons, 2 times a day 2-3 tablespoons, 2 times a day 1/2-1 serving offer small servings
1 year	Breastmilk whole cows milk, offered in a cup No limits on Solid foods	2-4 feedings or as desired by mom and baby 2-4 feedings 24 oz a day consult pediatrician for new dietary guidelines