

## Baby Feeding Chart

	0-2 Months	2-4 Months	4-6 Months	6-8 Months	8-10 Months	10-12 Months
Breast milk or formula*	1-½ to 3 ounces every two to four hours	4 to 6 ounces every three to four hours	5 to 6 ounces every four to five hours	6-8 ounces every four to five hours; following baby's cues	Follow baby's hunger cues	Follow baby's hunger cues
Baby Cereal	None	Discuss with your pediatrician when to start cereal	1 to 2 tablespoons of cereal twice per day	3 to 4 tablespoons twice per day	3 to 4 tablespoons twice per day	None
Fruit and Vegetable Puree	None	None	Discuss with your pediatrician	2 to 3 tablespoons up to four times per day	3 to 4 tablespoons four times per day	None
Finger Foods	None	None	None	Soft-cooked vegetables, melba toast, noodles, peeled fruits or teething biscuits	2 tablespoons to 2 cups of soft fruits and vegetables, breads and noodles	¼ to ½ cup fruits, and ¼ to ½ cup vegetables per day
Other Foods	None	None	None	None	3 to 4 tablespoons of meat puree once per day, egg yolks, soft cheese and o-shaped cereal	⅓ cup dairy, ½ to 1 cup combo foods like casseroles, mac and cheese, etc., ¼ to ⅓ cup meat

\*This chart is meant to be a guideline only. It's important to follow your baby's hunger cues, especially if you are breastfeeding. Consult with your pediatrician if you have questions or concerns.