

## Appendix C: Infant Meal Pattern

Breakfast	
Birth through 5 months	6 through 11 months
4–6 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup>	<p>6–8 fluid ounces breastmilk<sup>1</sup> or formula<sup>2</sup>; and</p> <p>0–4 tablespoons infant cereal,<sup>2</sup> meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or</p> <p>0–2 ounces of cheese; or</p> <p>0–4 ounces (volume) of cottage cheese; or 0–4 ounces or ½ cup of yogurt<sup>3</sup>; or a combination of the above<sup>4</sup>; and</p> <p>0–2 tablespoons vegetable or fruit or a combination of both<sup>4,5</sup></p>
Lunch and Supper	
Birth through 5 months	6 through 11 months
4–6 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup>	<p>6–8 fluid ounces breastmilk<sup>1</sup> or formula<sup>2</sup>; and</p> <p>0–4 tablespoons infant cereal,<sup>2</sup> meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or</p> <p>0–2 ounces of cheese; or</p> <p>0–4 ounces (volume) of cottage cheese; or 0–4 ounces or ½ cup of yogurt<sup>3</sup>; or a combination of the above<sup>4</sup>; and</p> <p>0–2 tablespoons vegetable or fruit or a combination of both<sup>4,5</sup></p>

## Snack

### Birth through 5 months

4–6 fluid ounces breastmilk<sup>1</sup> or formula<sup>2</sup>

### 6 through 11 months

2–4 fluid ounces breastmilk<sup>1</sup> or formula<sup>2</sup>; and  
0–½ slice bread<sup>6</sup>; or 0–2 crackers<sup>6</sup>; or  
0–4 tablespoons infant cereal<sup>2,6</sup> or ready-to-eat  
breakfast cereal<sup>4,6,7</sup>; and  
0–2 tablespoons vegetable or fruit, or a  
combination of both<sup>4,5</sup>

<sup>1</sup> Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

<sup>2</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>3</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<sup>4</sup> A serving of this component is required when the infant is developmentally ready to accept it.

<sup>5</sup> Fruit and vegetable juices must not be served.

<sup>6</sup> All grains served must be made with enriched or whole grain meal or flour. Ready-to-eat breakfast cereals and infant cereals that are fortified are also creditable.

<sup>7</sup> Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).