 

|  |  |
| --- | --- |
| Birth through 5 months  | 6 through 11 months  |
| 4-6 fluid ounces breastmilk 1 or formula 2 | 6-8 fluid ounces breastmilk1 or formula2 ; and 0-4 tablespoons infant cereal 2,3 meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas;or 0-2 ounces of cheese;or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or ½ cup of yogurt 4 ; or a combination of the above 5 ; and 0-2 tablespoons vegetable or fruit or a combination of both 5,6 |
| 1 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. 2 Infant formula and dry infant cereal must be iron-fortified. 3 Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains. 4 Yogurt must contain no more than 23 grams of total sugars per 6 ounces. 5 A serving of this component is required when the infant is developmentally ready to accept it.6. Fruit and vegetable juices must not be served. |