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| Birth through 5 months | 6 through 11 months |
| 4-6 fluid ounces breastmilk 1 or formula 2 | 6-8 fluid ounces breastmilk1 or formula  2 ; 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. | |