

4 MONTH BABY FEEDING CHART

**BREASTMILK/
FORMULA**

24 - 36 oz/day
5 - 8 nursing sessions

SOLID FOOD

1 - 2 tbsp of baby cereal

In small servings:

Plum

Peach

Banana

Pear

Avocado

Meat and veggies (depending on
doctor's recommendations)

Note: Breastmilk and formula are best for babies at 4 months old. Consult a pediatrician if you want to introduce your baby to solid foods.

Month Feeding Guide

Marcel A. Müller



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