

# Baby Feeding Chart



## Baby's Age

4-6 months



## Breast Milk/ Formula

24-36 oz. daily  
(5-8 nursing  
sessions)



## Solid Food

1-4 tbsp. cereal  
(1-2 times a day)

1-4 tbsp.  
fruit and veggies  
(1-2 times a day)

6-8 months

24-36 oz. daily  
(4-6 nursing  
sessions)

4-9 tbsp. cereal,  
fruit and veggies  
(daily, in 2-3 meals)

1-6 tbsp.  
meat/protein  
food (daily)

9-12 months

16-30 oz. daily  
(3-5 nursing  
sessions)

1/4-1/2 cup ea.  
grains, fruits  
and veggies  
(2 times a day)

1/4 to 1/2 cup  
dairy foods (daily)

1/4 to 1/2 cup  
protein foods (daily)

what to expect.

# Infant Feeding Guide

**ML Morrison**



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