

WUCA-Forest Park Pediatrics, LLC

INFANT FEEDING SCHEDULE										
	1 MO.	2 MO.	3 MO.	4-6 MO.	7 MO.	8 MO.	9 MO.	10 MO.	11 MO.	12 MO.
Breast milk on demand of infant, nurse for 20-30 min. each breast. If problems arise, consult your physician.										
Fluid Intake	18-22 oz	24-28 oz	26-32 oz	30-32 oz	29-31 oz	26-31 oz	24-30 oz	21-30 oz	24-28 oz	24 oz
Infant cereal to be fed with spoon				4-6 Tbs. dry rice cereal w/ formula added	4-6 Tbs. Dry cereal iron-fortified w/ formula added	4-6 Tbs. Dry cereal w/ formula added	6-8 Tbs. Dry cereal w/ formula added	6-8 Tbs. Dry cereal w/ formula added	1/2-3/4 cup cereal w/ formula added	1/2-3/4 Cup cereal w/ formula added
Vegetables				small amounts introduced 1st foods	2-4 Tbs. Strained 1st or 2nd foods	6-8 Tbs. Strained, 1st or 2nd foods	8-10 Tbs. Strained, 1st or 2nd foods	1/2-3/4 Cup junior, 1st, 2nd, or 3rd foods	1/2-3/4 Cup junior, 1st, 2nd or 3rd foods	1/4 Cup Junior, 1st, 2nd or 3rd foods
Fruits				small amounts introduced 1st foods	2-4 Tbs. Strained 1st or 2nd foods	6-8 Tbs. Strained 1st or 2nd foods	4-6 Tbs. Strained, 1st or 2nd foods	1/2 Cup fresh, strained, chopped, 2nd or 3rd foods	1/2 Cup fresh, strained, chooped, 2nd or 3rd foods	1/2 Cup fresh, strained, chooped, 2nd or 3rd foods
Crackers, teething biscuits, dry wheat toast				1 cracker	1 biscuit, if sits well	1 cracker, 1 biscuit	1 cracker, 1 biscuit	1 cracker, 1 biscuit	1 cracker, 1 biscuit	2 crackers, 2 biscuits
Meat, Poultry					1-3 Tbs. Strained, 1st or 2nd foods	1-3 Tbs. Strained, 1st or 2nd foods	1-3 Tbs. Strained, 1st or 2nd foods	2-4 Tbs. Strained 1st, 2nd or 3rd foods	1-2 oz ground meat	1-2 oz ground meat
Potatoes, rice, noodles								1/4 Cup 1st, 2nd or 3rd foods	1/4 Cup 1st, 2nd or 3rd foods	1/2 Cup 1st, 2nd or 3rd foods
1 scoop powdered formula to 2 ounces water										