

# INFANT MEAL PATTERN REQUIREMENTS

## Breakfast

Birth to 5 months	6 through 11 months
4—6 fluid ounces of breastmilk <sup>1</sup> or formula <sup>2</sup>	6-8 fluid ounces of breastmilk <sup>1</sup> or formula <sup>2</sup> <b>AND</b> 0-4 Tablespoons infant cereal <sup>2,3</sup> meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; <b>or</b> 0-2 ounces of cheese: <b>or</b> 0-4 ounces (volume) cottage cheese; <b>or</b> 0-4 ounces or 1/2 cup of yogurt <sup>4</sup> ; or combination of the above <sup>5</sup> ; <b>AND</b> 0-2 Tablespoons vegetable, fruit or a combination of both <sup>5,6</sup>

## Lunch & Supper

Birth to 5 months	6 through 11 months
4—6 fluid ounces of breastmilk <sup>1</sup> or formula <sup>2</sup>	6-8 fluid ounces of breastmilk <sup>1</sup> or formula <sup>2</sup> <b>AND</b> 0-4 Tablespoons infant cereal <sup>2,3</sup> meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; <b>or</b> 0-2 ounces of cheese: <b>or</b> 0-4 ounces (volume) cottage cheese; <b>or</b> 0-4 ounces or 1/2 cup of yogurt <sup>4</sup> ; <b>or</b> combination of the above <sup>5</sup> ; <b>AND</b> 0-2 Tablespoons vegetable, fruit or a combination of both <sup>5,6</sup>

## Snack(s)

Birth to 5 months	6 through 11 months
4—6 fluid ounces of breastmilk <sup>1</sup> or formula <sup>2</sup>	2-4 fluid ounces of breastmilk <sup>1</sup> or formula <sup>2</sup> <b>AND</b> 0-1/2 Slice of bread <sup>3,7</sup> ; <b>or</b> 0-2 crackers <sup>3,7</sup> ; <b>or</b> 0-4 Tablespoons infant cereal <sup>2,3,7</sup> <b>or</b> ready-to-eat breakfast cereal <sup>3,5,7,8</sup> <b>AND</b> 0-2 Tablespoons vegetable, fruit or a combination of both <sup>5,6</sup>

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## **IMPORTANT—Superscript Notations**

- <sup>1</sup>— 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.
- <sup>2</sup>— Infant formula and dry infant cereal must be iron-fortified.
- <sup>3</sup>— Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
- <sup>4</sup>—Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- <sup>5</sup>— A serving of this component is **required** when the infant is developmentally ready to accept it.
- <sup>6</sup>— Fruit and/or vegetable juices must **not** be served.
- <sup>7</sup>— A serving of grains must be whole grain-rich, enriched meal, or enriched flour.
- <sup>8</sup>— Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).