

# BABY FEEDING GUIDE

Pediatrician Recommended Milestones & Portions

<b>Age</b>	<b>Type of Food</b>	<b>Frequency / Amount</b>
<b>0-4 Months</b>	Breast Milk or Formula	8-12 feedings per day (2-4 oz per feed)
<b>4-6 Months</b>	Breast Milk/Formula + Single Grain Cereal	6-8 feedings per day; 1-2 tbsp cereal
<b>6-8 Months</b>	Pureed Veggies, Fruits, & Meats	32 oz milk daily; 2 meals of solids
<b>8-10 Months</b>	Soft Finger Foods & Yogurt	24-30 oz milk daily; 3 meals of solids
<b>10-12 Months</b>	Chopped Table Foods	18-24 oz milk daily; 3 meals + 2 snacks

## General Guidelines

- Introduce new foods one at a time to check for allergies.
- Avoid honey and cow's milk until 12 months of age.
- Watch for hunger cues: rooting, sucking on hands, or leaning toward the spoon.
- Consult your pediatrician before starting solids.