



# CHILD AND ADULT CARE FOOD PROGRAM

# FOOD CHART FOR INFANTS



**Key Concepts:**

- Breast milk or iron-fortified infant formula or portions of both must be served for the entire first year.
- Food within the meal pattern should be the texture and consistency appropriate for the age of the infant and may be served during a span of time consistent with the infant's eating habits.
- The decision to introduce solid foods should be made in consultation with the child's parents.
- Providers should receive written instruction on introduction of solid foods from the parent or health care provider.

**The infant meal must contain each of the following components in the amounts indicated for the appropriate age group in order to qualify for reimbursement.**

		Age Group and Serving Size		
		Birth – 3 months	4 – 7 months	8 – 11 months
<b>Breakfast</b>	Breast milk <sup>1</sup> or infant formula <sup>2</sup>	4-6 fluid ounces	4-8 fluid ounces	6-8 fluid ounces
	Vegetable and/or fruit			1-4 tablespoons
	Infant cereal <sup>2</sup>		*0-3 tablespoons	2-4 tablespoons
<b>Snack</b>	Breast milk <sup>1</sup> or infant formula <sup>2</sup> <b>or</b>	4-6 fluid ounces	4-6 fluid ounces	2-4 fluid ounces
	Full strength fruit juice			2-4 fluid ounces
	Bread <sup>3</sup> <b>or</b>			*0-½ slice
	Crackers			*0-2 crackers
<b>Lunch/Supper</b>	Breast milk <sup>1</sup> or infant formula <sup>2</sup>	4-6 fluid ounces	4-8 fluid ounces	6-8 fluid ounces
	Vegetable and/or fruit		*0-3 tablespoons	1-4 tablespoons
	Infant cereal <sup>2</sup> <b>and/or</b>		*0-3 tablespoons	2-4 tablespoons
	Meat or fish or poultry or egg yolk <b>or</b>			1-4 tablespoons
	Cooked dry beans or peas <b>or</b>			1-4 tablespoons
	Cheese <b>or</b>			½-2 ounces (weight)
	Cottage cheese <b>or</b>			1-4 ounces (volume)
	Cheese food or cheese spread			1-4 ounces (weight)

**\*Note: A serving of this component is required only when the infant is developmentally ready to accept it.**

1. Breast milk or formula or portions of both, may be served. It is recommended that breast milk be served in place of formula from birth through 11 months.
2. Infant formula and dry infant cereal must be iron-fortified. Read-to-eat cereals like Cheerios<sup>®</sup> and Fruit Loops<sup>®</sup> do not meet the meal pattern.
3. Bread or crackers must be made from whole-grain or enriched meal or flour.