

0~1 Months Sample Menu

Age	Sample Menu*	What's Your Baby Doing?
0-4 weeks	Breastfeeding: 8-12 feedings per day, at least 10-15 minutes per breast or Formula: 2-4 oz per feeding, 6-8 feedings per day, 18-24 oz formula per day	Newborns can see, hear, feel, smell, taste. At 4 weeks they begin to recognize mother, will follow with eyes and turn toward sound and will start to lift head when on stomach.
1 month	Breastfeeding: 8-10 feedings per day, at least 10-15 minutes per breast or Formula: 3-6 oz per feeding, 5-6 feedings per day, 20-30 oz formula per day	“Growth spurts” commonly occur around 2 weeks & 6 weeks of age. During this time the baby may want to nurse or drink more often.

* Note: Babies’ appetites may vary somewhat from this menu. The length of feedings may vary due to differences among babies, and degree of hunger from one feeding to the next. Pay attention and respond to the cues that your baby gives you when they are hungry. **NO honey until 12 mos. old.**

2~3 Months Sample Menu

Age	Sample Menu*	What's Your Baby Doing?
2 months	Breastfeeding: 6-10 feedings per day, at least 10-15 minutes per breast or Formula: 5-6 oz per feeding, 5 feedings per day, 28-34 oz formula per day	Baby knows mother, smiles when s/he’s talked to, and has better head control. Some babies start to roll from stomach to back
3 months	Breastfeeding: 5-8 feedings per day, at least 10-15 minutes per breast or Formula: 6-7 oz per feeding, 5 feedings per day, 28-36 oz formula per day	“Growth spurts” commonly occur around 3 months of age. During this time the baby may want to nurse or drink more often.

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4~5 Months Sample Menu

Age	Sample Menu*	What's Your Baby Doing?
4 months	Breastfeed: 5-7 feedings per day or Formula: 6-8 oz per feeding, 4-5 feedings per day, 28-40 oz formula per day	Baby sits with help and holds head steady. S/he learns to put hands in mouth and can hold onto objects that are put in hands. Babies may try to reach for toys.
5 months	Breastfeed: 5-7 feedings per day or Formula: 7-8 oz per feeding, 4-5 feedings per day, 28-40 oz formula per day	Baby sits with help and holds head steady. Babies hands go to mouth.

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6 Month Sample Menu

Time	Sample Menu*	What's Your Baby Doing?
Early Morning	Breastfeed or 7-8 oz formula	Baby begins to sit without help; s/he smiles, coos, but may be afraid of strangers. Baby plays peek-a-boo, holds things, and discovers feet. May pass toys from hand to hand.
Mid Morning	1 Tbs. infant cereal mixed with 1-2 oz. of breastmilk, formula, or water. Gradually increase until baby is taking 3-4 Tbs. cereal. Can introduce other plain cereals (oatmeal or barley*) after 1st week or when infant is doing well with rice cereal. Breastfeed or offer 6-8 oz formula.	
Afternoon	Breastfeed or 4-6 oz formula.	
Evening	Breastfeed or 4-6 oz formula	
Bedtime	Breastfeed or 6-8 oz formula	

- Wait to give wheat or mixed grain cereal until baby is 9 months old.
- Introduce one new food at a time.
- Can start giving a cup for juice or water.

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7 Month Sample Menu

Time	Sample Menu*	What's Your Baby Doing?
Morning	Breastfeed or 7-8 oz formula, 3-4 Tbs. cereal	<p>Sits alone, holds object. Biting and chewing develops.</p> <ul style="list-style-type: none"> • Get your baby acclimated to 3 meals a day. • Introduce one new food at a time & wait 5 days before introducing another.
Afternoon	1-2 Tbs. strained vegetables, 2 Tbs. strained fruit. Breastfeed or 7-8 oz formula	
Mid Afternoon	1-2 oz fruit juice, dry toast or baby cookies.	
Evening	3-4 Tbs. cereal, 2 Tbs. strained plain vegetables, 1-2 Tbs. strained fruit, breastfeed or 7-8 oz formula.	
Bedtime	Breastfeed or 7-8 oz formula	

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8 Month Sample Menu

Time	Sample Menu*	What's Your Baby Doing?
Morning	Breastfeed or 6-8 oz formula, 3-4 Tbs. cereal, 2 Tbs. strained fruit.	<p>Grabs at objects (toys, spoon). Chewing motion.</p>
Afternoon	2-3 Tbs. strained meat or meat substitutes (dried beans, or lentils), 3 Tbs. strained vegetables, breastfeed or 6-8 oz formula	
Mid Afternoon	2 oz fruit juice, dry toast, teething biscuits, or crackers.	
Evening	4 Tbs. cereal, 1-2 Tbs. strained or mashed vegetables, 1-2 Tbs. strained or mashed fruit, breastfeed or 6-8 oz formula.	
Bedtime	Breastfeed or 6-8 oz formula	

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9 Month Sample Menu

What's Your Baby Doing?

Time	Sample Menu*	What's Your Baby Doing?
Early Morning	1 oz fruit juice, 4-6 Tbs. infant cereal or "no sugar" dry cereal, breastfeed or 8 oz formula.	Baby begins to feed self with spoon.
Afternoon	1-2 Tbs. strained or ground meat or meat substitute (mashed egg yolks, dried beans, or lentils**), 1-2 Tbs. strained or mashed vegetables, 2-4 Tbs. strained or mashed fruit, breastfeed or 8 oz formula	Responds to name, begins DaDa-MaMa sounds, can pick up small objects using thumb. Stands holding on to
Mid Afternoon	2 oz fruit juice, baby toast, crackers, cookies, or plain dried toast.	furniture, may bang things together.
Evening	1-2 Tbs. meat or meat substitute, 4-6 Tbs. cereal, 2 Tbs. vegetables, 2 Tbs. fruit, breastfeed or 8 oz formula.	

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** Wait to give egg whites, peanut butter, citrus fruit/juice, or dairy products until baby is 1 year old. This reduces chance for allergy.

Washtenaw County Public Health

555 Towner

Ypsilanti, MI 48198

(734) 544-6700

Revised 3/04

10 Month Sample Menu

What's Your Baby Doing?

Time	Sample Menu*	What's Your Baby Doing?
Morning	3-4 oz juice, 4-6 Tbs. cereal, 1 Tbs. meat or meat substitute (dried beans, lentils, or mashed egg yolks**), breastfeed or 6-8 oz formula.	Baby uses fingers to feed self and can get a spoon into mouth.
Afternoon	1-2 Tbs. meat or meat substitute, 2-4 Tbs. vegetables, 2-4 Tbs. fruit, breastfeed or 4-6 oz formula	• Can start to offer small pieces of cooked or soft vegetables, fruit, cereal, bread, crackers, and meats.
Mid Afternoon	1-2 crackers, toast, etc. Breastfeed or 4-6 oz formula	
Evening	1 Tbs. meat or meat substitute, 4-6 Tbs. cereal, 2 Tbs. vegetables, 2 Tbs. fruit, breastfeed or 4-6 oz formula.	

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11 Month Sample Menu



Time	Sample Menu*	What's Your Baby Doing?
Morning	3-4 oz juice, 4-6 Tbs. cereal, 1 Tbs. meat or meat substitute (dried beans, lentils, or egg yolks**), breastfeed or 4-6 oz formula.	Understands words, waves bye-bye, plays patty cake. Drops things on purpose for someone to pick up. Pulls self to sitting and standing.
Afternoon	1 Tbs. meat or meat substitute, 3-4 Tbs. vegetables, 2-4 Tbs. fruit, breastfeed or 4-6 oz formula	
Mid Afternoon	Crackers, toast or teething biscuits, breastfeed or 4-6 oz formula	
Evening	2-4 Tbs. meat or meat substitute, 4-6 Tbs. cereal, 2 Tbs. vegetables, 2 Tbs. fruit, breastfeed or 4-6 oz formula.	

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** Wait to give egg whites, peanut butter, citrus fruit/juice, or dairy products until baby is 1 year old. This reduces chance for allergy. Can offer small pieces of cooked or soft vegetables, fruit, cereal, bread, crackers, and meats.

12 Month Sample Menu



Time	Sample Menu*	What's Your Baby Doing?
Morning	3-4 oz juice, 4-5 Tbs. cereal, 1 Tbs. cooked meat or meat substitute (dried beans, lentils, cheese or whole egg), breastfeed or 4-6 oz formula.	Understands some questions, likes books, will kiss on request, walks with help, sits, can change position, says 2-3 words.
Afternoon	1 Tbs. cooked meat or meat substitute 3-4 Tbs. vegetables, 2-4 Tbs. fruit, breastfeed or 4-6 oz formula	
Mid Afternoon	Crackers, toast or cookies, breastfeed or 4 oz formula	
Evening	2 Tbs. meat or meat substitute, 4 Tbs. cereal, 2-4 Tbs. fruit, breastfeed or 4-6 oz formula.	

* Children under 3 years old are more likely to choke on small, round or sticky foods like: hot dogs, peanut butter, raw vegetables, popcorn, candy, gum, nuts, grapes, raisins, pretzels, and corn.

** Start to introduce *whole* milk to infant after discussing this transition with your pediatrician.