

How Much Should My Baby Eat?



1 serving breast milk



1 serving formula



1-2 tablespoons of grains



Introduce fruits and veggies



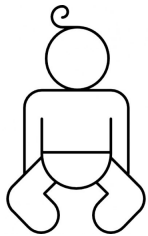
1-2 tablespoons of fruits and veggies



1 ounce of meat or poultry

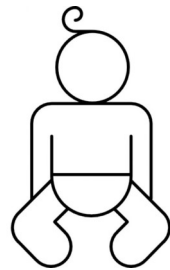
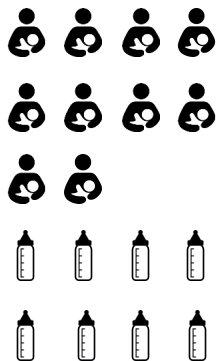


2-4 ounces of yogurt



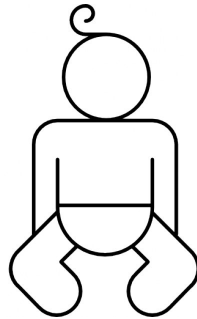
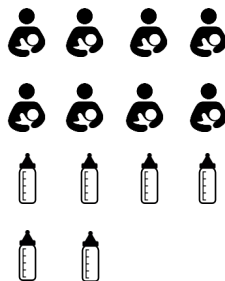
0-1 month

-Feed breast milk or formula every 2 to 3 hours of 2-3 ounces each feed.



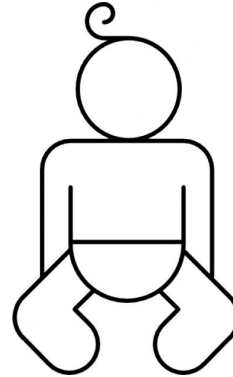
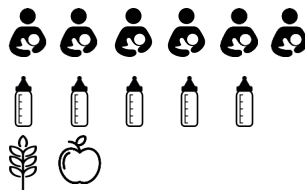
1-6 months

-Feed breast milk every 2-3 hours or formula 3-4 hours of 3-6 ounces each feed.



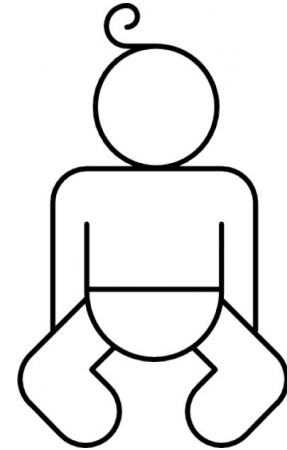
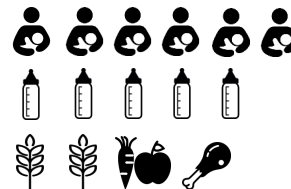
6-8 months

-Feed 4-6 ounces breast milk or formula at each feed.
-At around 6 months start 1-2 ounces of iron-fortified cereal.
-At around 6 months introduce fruits and veggies.



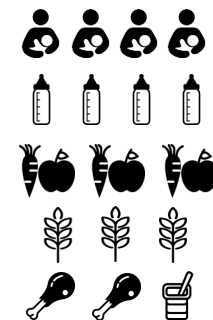
8-9 months

-Feed 5-8 ounces breast milk or formula at each feed.
-Start foods to have some texture like fruits, veggies, meat, and yogurt.



9-12 months

-About 3-4 feedings of breast milk or formula as you give them more solid foods.



How Much Should My Child Eat?

-  1 cup whole milk or dairy
-  1 cup yogurt
-  1 ounce of grains
-  1 cup fresh fruit or 1/2 cup dried
-  1 cup cooked or 2 cups raw veggies
-  1 ounce of meat or other proteins
-  1 teaspoon of fats or oils



12-23 months

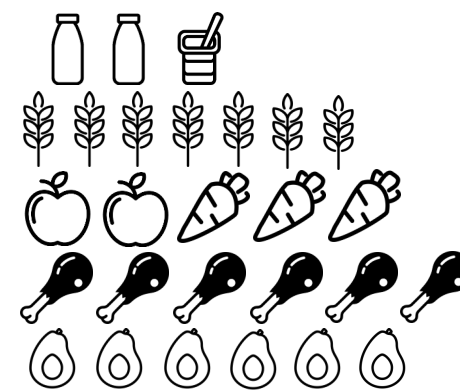
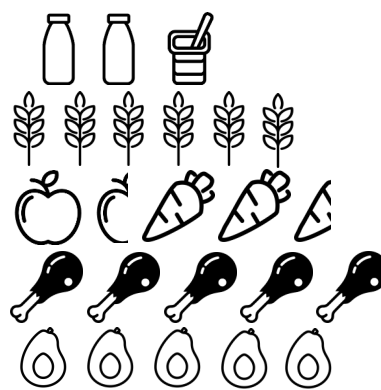
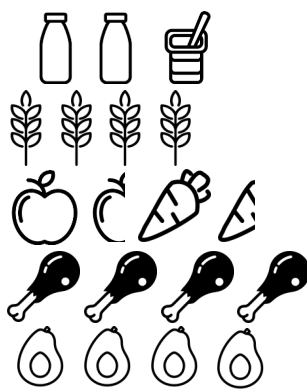
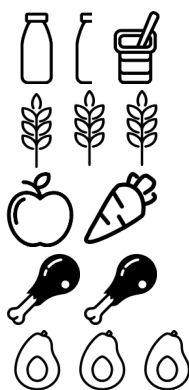
2-3 years

4-8 years

9-13 years

14-18 years

-At this age fats are not limited



Talk to your CHN nutritionist if you have more questions!