How Much Should My Baby Eat?

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
- At this age fats are not limited

2-3 years

4-8 years

9-13 years

14-18 years

Talk to your CHN nutritionist if you have more questions!

Care you feel good about. 866.246.8259 www.chny.org