**Section 390.TABLE A Infant Feeding**

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| FOOD GROUP | BIRTH TO ONE YEAR |
|  | Milk and Milk Products |
| Iron Fortified Formula | 0-2 mo. – 6 to 8 feedings; 2-4 oz. per feeding |
|  | 2-3 mo. – 4 to 6 feedings; 4-6 oz. per feeding |
|  | 3-4 mo. – 5 to 6 feedings; 4-6 oz. per feeding |
|  | 4-5 mo. – 4 to 5 feedings; 4-6 oz. per feeding |
|  | 5-6 mo. – 5 to 6 feedings; 4-6 oz. per feeding |
|  | 6-9 mo. – 4 feedings; 4-6 oz. per feeding |
|  | 9-12 mo. – 4 feedings; 3-6 oz. per feeding |
|  | Not less than 24 oz. of formula to be served in 24-hour period. |
|  | Offer small amounts of fluids from a cup after six (6) months. |
|  | Meat Group |
|  | 5-6 Months |
| Do not begin before 5 months. | Strained beef, lamb, pork, veal, liver, chicken, turkey; well cooked dried beans or peas; cottage cheese. |
| Start with a teaspoon and increase to 1-4 tablespoon(s) two times daily. |  |
|  | 6-9 Months  Continue a variety of tender meats, cheeses, dried beans or peas. Introduce hard cooked egg yolk, starting with ¼ teaspoon. Add more until baby gets all of yolk. |
|  | 9-12 Months  Continue meats. Whole egg prepared any way except fired may now be given. Flaked fresh, frozen or canned fish without bones may be given. |