

Steps to Infant Feeding

The First 6 Months

Sample Food Plan for Breastfeeding and Formula Feeding

| BREASTMILK | AGE | FORMULA |
|---------------------------|-------------------|--|
| 8 – 12+ feedings each day | Birth to 4 months | 18 – 30 ounces each day |
| 6 – 8+ feedings each day | 4 – 6 months | 25 – 32 ounces each day |
| 4 – 6+ feedings each day | 6 – 8 months | 28 – 36 ounces each day Begin to offer some formula in a cup. |
| 4 – 6+ feedings each day | 8 – 10 months | 28 – 32 ounces each day Continue to offer formula in a cup. |
| 4 – 6+ feedings each day | 10 – 12 months | 28 – 32 ounces each day Continue to offer formula in a cup. |

BREASTMILK is the **BEST MILK** for your baby.

- Breastmilk provides complete nutrition for your baby up to six months old. Water, juice and other foods are not necessary for breastfed babies less than 6 months old.
- For mothers who cannot or choose not to breastfeed, iron fortified formula is the best alternative feeding.
- Iron fortified infant formulas must be carefully mixed. Follow package directions. Refrigerate bottles until ready to use. Do not use a microwave to heat bottles.
- Expressed breastmilk should be stored in the refrigerator or freezer. Do not use a microwave to thaw or warm milk.
- Your baby is the best judge of how much to eat. Turning her head, sealing her lips, or showing more interest in other activities is her way of saying "I'm full".
- Throw away any breastmilk or formula left in the bottle after your baby has finished eating.
- Bottles are for plain water, breastmilk, or formula. Do not give your baby juice or sweetened drinks from a bottle.



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