

KENDALL PEDIATRIC PARTNERS

11400 N Kendall Dr, suite A211

Miami, FL 33176

305-274-2255 – 305-274-2211 (F)

Age	Feeding Plan
0-2 Months	24 -32 oz. Formula or Breast Milk (7–10 feedings) & 2–4 oz. nursery water.
3-4 Months	28–36 oz. Formula or Breast Milk (7–10 feedings) & 2-6 oz. nursery water.
4 -5 Months	26–36 oz. Formula or Breast Milk (6 – 8 feedings) & 2-4 tbsp twice a day of iron-fortified “dry” cereal
5-6 Months	26–32 oz. Formula or Breast Milk (6 – 8 feedings), 4-8 tbsp twice a day of iron-fortified “dry” cereal, 2-4 oz. vegetables, strained (yellow or mild flavored) and/or fruit, strained.
6-7 Months	26–30 oz. Formula or Breast Milk (6 – 8 feedings) 4-8 tbsp twice a day of iron-fortified “dry” cereal, 2-4 oz. strained vegetables, 2-4 oz. strained fruit without sugar & 1-2 oz. strained meat & ½ - 1 egg yolk
7-8 Months	26-30 oz. Formula or Breast Milk (6-8 feedings), 5-8 tbsp iron fortified “dry” cereal, ¼ -½ c. mashed vegetables, ¼ -½ cup, mashed fruit, 1-3 oz. mashed ground meat, food such as: veggie/fruit pouches, mashed beans, egg yolk, toast, veggie and/or fruit puffs, yogurt bites.
8-12 Months	24-26 oz. Formula or Breast Milk, 8-12 tbsp iron-fortified “dry” cereal, 1-3 oz. Mashed or chopped meat, ¼ -½ cup, fruit, toast ½ slice toast or 1- 2 crackers 2-4, 2-4 oz. Fruit Juice (when able to drink from cup)
12-24 Months	16 oz. whole Milk*, 2 servings of ¼ -½ cup of fruit or juice, 2 servings of ¼ -½ cup of vegetables, 1 serving of meat, fish, poultry, fats, oils as needed in small amounts, 4 servings of breads/cereals: (¼ -¾ cup of dry cereal, ¼ - ½ cup of cooked cereal, ½ slice of toast, or 2-4 crackers.) By this time milk should not be given in a bottle. After 24 months, use 2% milk.