

Infant Meal Planning Guide

Week of: _____

Name: I Am Healthy, I Am Happy CDC

Phone number: _____

Meal Component	Min. Serving Size			Day of Week				
	0-3 mo.	4-7 mo.	8-11 mo.	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Breast Milk or Formula	4-6 fl. oz.	4-8 fl. oz.	6-8 fl. oz.	Breast milk or Enfamil Lipil	Breast milk or Enfamil Lipil	Breast milk or Enfamil Lipil	Breast milk or Enfamil Lipil	Breast milk or Enfamil Lipil
Fruit/Vegetable*	X	X	1-4 tbsp.	Peaches	Plums	Squash	Pears	Bananas
Infant Cereal	X	0-3 tbsp.	2-4 tbsp.					
Lunch/Supper								
Breast Milk or Formula	4-6 fl. oz.	4-8 fl. oz.	6-8 fl. oz.	Breast milk or Enfamil Lipil	Breast milk or Enfamil Lipil	Breast milk or Enfamil Lipil	Breast milk or Enfamil Lipil	Breast milk or Enfamil Lipil
Fruit/Vegetable*	X	0-3 tbsp.	1-4 tbsp.	Green beans	Sweet potatoes	Apples	Carrots	Apricots
Infant Cereal**	X	0-3 tbsp.	2-4 tbsp.	Iron-fortified infant rice cereal	Iron-fortified infant barley cereal	Iron-fortified infant rice cereal	Iron-fortified infant barley cereal	Iron-fortified infant rice cereal
Meat/Alternate** <ul style="list-style-type: none"> • Meat, Poultry, Fish, Egg Yolk, Cooked Dry Beans/Peas • Cheese • Cottage Cheese 	X	X	<ul style="list-style-type: none"> • 1-4 tbsp. • ½-2 oz. • 1-4 oz. 	Mashed pinto beans	Turkey	Shredded cheese	Beef	Chicken
Snack								
Breast Milk or Formula	4-6 fl. oz.	4-8 fl. oz.	2-4 fl. oz.	Breast milk or Enfamil Lipil	Breast milk or Enfamil Lipil	Breast milk or Enfamil Lipil	Breast milk or Enfamil Lipil	Breast milk or Enfamil Lipil
(or) Juice <i>Not needed if breast milk or formula is served</i>	X	X	2-4 fl. oz.					
Bread/Cracker	X	X	0-½ slice, or 0-2 crackers	Whole wheat bread	Soda crackers	Corn tortilla	Wheat crackers	Whole wheat bread

* A developmentally appropriate texture is provided (pureed, mashed, or chopped).

** For infants aged 8-11 months, you may serve infant cereal and/or meat/meat alternate. It is not necessary to serve both infant cereal and meat/meat alternate.