

	0-4 months	4-6 months	6-8 months	8-10 months	10-12 months
<b>Breast milk</b> (number of feeds per 24 hours)	Frequent (2-3 hourly) 8-12 feeds	Frequent (4-6 hourly) 4-6 feeds	On demand 3-5 feeds	On demand	On demand
<b>Formula</b> (number of feeds)	475-950ml/24 hours 8-12 feeds (2-3 hourly)	700-1400ml/24 hours 4-6 feeds (4-6 hourly)	700-950ml/24 hours 3-5 feeds (5-8 hourly)	475-950ml/24 hours 3-4 feeds (6-8 hourly)	475-700ml/24 hours 3-4 feeds (6-8 hourly)
<b>Cereals, bread</b>	None	None	Infant cereal 1-4 tbsp 2 times/day	Infant cereals Unsweetened, plain hot cereals Toast, bagel, crackers 2-3 servings*/day	Unsweetened, plain hot cereals Bread, rice, noodles 4 servings*/day
<b>Protein foods</b>	None	None	Pureed meats 1-2 servings*/day	Lean meat, chicken or fish (strained/chopped) Egg yolk Cooked dried beans 2 servings*/day	Small tender pieces of meat Egg yolk Cheese Cooked dried beans 2-3 servings*/day
<b>Vegetables</b>	None	None	Strained/mashed vegetables Dark yellow, orange or green Avoid corn Half cup/day	Cooked & mashed fresh or frozen vegetables 1-2 servings*/day	Cooked vegetable pieces 2 servings*/day
<b>Fruit</b>	None	None	Fresh/cooked pureed fruits Mashed bananas Half cup/day	Peeled, soft fruit wedges Bananas, peaches, pears, oranges, apples 1-2 servings*/day	All fresh fruit - peeled and seeds/pits removed Canned fruits, packed in water or fruit juice 2 servings*/day
<b>Fruit juice</b>	None	None	Infant juice Vitamin C fortified apple juice Offer from a cup 120ml/day	Any 100% juice Offer from a cup 120-175ml/day	Any 100% juice Offer from a cup 120-175ml/day

\*A serving is considered to be equal to half-a-cup.