

Meal Pattern for Infants

Birth - 11 months



Breakfast, Lunch, and Supper

3 required components when developmentally ready

Breastmilk or Formula
required for all infants

birth - 5 mos

6 - 11 mos

breastmilk, formula, or portions of both	4 - 6 oz	6 - 8 oz
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Good Sources of Iron

required when infant is developmentally ready-choose one or more of the following

infant cereal		0 - 1/2 oz eq
meat/poultry/fish/whole egg		0 - 4 Tbsp
cooked dry beans and peas		0 - 4 Tbsp
cheese		0 - 2 oz
yogurt/cottage cheese		0 - 4 oz

Fruits or Vegetables

required when infant is developmentally ready

fruits, vegetables, or portions of both		0 - 2 Tbsp
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Snack

3 required components when developmentally ready

Breastmilk or Formula
required for all infants

birth - 5 mos

6 - 11 mos

breastmilk, formula, or portions of both	4 - 6 oz	2 - 4 oz
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Grains

required when infant is developmentally ready- choose one or more of the following

bread		0 - 1/2 oz eq
crackers		0 - 1/4 oz eq
infant cereal		0 - 1/2 oz eq
cereal, dry: flakes or rounds		4 Tbsp or 1/4 cup
cereal, dry: puffed		5 Tbsp or 1/3 cup

Fruits or Vegetables

required when infant is developmentally ready

fruits, vegetables, or portions of both		0 - 2 Tbsp
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Meal Pattern for Infants

Important Reminders

Breastmilk and Formula

- Breastmilk, iron-fortified infant formula, or portions of both, must be served to infants birth through 11 months of age.
- Breastmilk is recommended in place of formula from birth through 11 months.
- Breastmilk is creditable for children of any age.
- Some breastfed infants consume less than the minimum amount of breastmilk per feeding. A meal containing less than the minimum amount of breastmilk may still be claimed as long as additional breastmilk is offered at a later time.
- Infant formula must be iron-fortified. Facilities must offer at least one infant formula. It is strongly encouraged to offer two; one milk-based and one soy-based.
- If an infant is not yet ready for solids, then a meal containing only breastmilk or formula is creditable, regardless of whether the parent or provider provides it.
- When a parent or guardian chooses to provide breastmilk or iron-fortified infant formula and the infant is consuming solid foods, the institution or facility must supply all other required meal components in order for the meal to be reimbursable. □
- Meals in which a mother directly breastfeeds her infant at the institution or facility are eligible for reimbursement.

Fruits & Vegetables

- Fruit and vegetable juices must not be served.
- Fruits and vegetables may be served as separate items or may be combined (e.g. apple/banana/pumpkin).

Grains

- Grain items (bread, soft tortilla, crackers, teething biscuit, ready-to-eat breakfast cereals) must be whole grain, enriched, or made from whole grain or enriched meal or flour.
- Infant cereal must be iron-fortified.
- Only ready-to-eat breakfast cereals containing 6 g of sugar or less per dry ounce may be served. See the *Florida WIC-Approved Cereal List*.

Solid Foods

- The gradual introduction of solid foods may begin at 6 months of age, or before or after 6 months of age if it is developmentally appropriate for the infant.
- Once an infant is developmentally ready to accept solid foods, the institution or facility is required to offer them to the infant.
- Solids must be of an appropriate texture and consistency and should only be introduced after consulting with the infant's parent or guardian.
- Parents or guardians should request in writing when an institution or facility should start serving solid foods to their infant.
- Solids can be either home-prepared baby foods or commercially-prepared baby foods.
- If commercially-prepared combination foods are offered (e.g. chicken and rice), documentation from the manufacturer must be on file stating the portion of each component.
- Do not serve honey or food that contains honey to infants less than one year of age - honey may contain botulinum spores, which can be harmful to infants.
- Yogurt (cow/soy) must have no more than 23 g sugar/ 6 oz.