



Airplane Choo Choo

Every baby is unique; don't worry if your baby eats a little more or less than this guide suggests. Keep in mind that the suggested serving sizes are only guidelines to help you get started.*



Typical Portion Sizes and Daily Servings for Children 0-24 months^{1,2,3,4,5}

Age (months)	Food Group	Foods Options (Serving Size)	Servings Per Day	Not Recommended
0-6 months 0 6	Breast Milk or Iron-Fortified Infant Formula	Breast milk (recommended) or iron-fortified infant formula should be your baby's sole source of nutrition for the first six months of life. Work with your pediatrician to track feeding patterns to ensure your infant is eating enough for growth.		Food or beverage other than breast milk or iron-fortified infant formula
6-8 months 6 8	Breast Milk or Iron-Fortified Infant Formula	Breast milk (recommended) or iron-fortified infant formula should be a major source of nutrition during this period of your baby's life. Work with your pediatrician to track feeding patterns to ensure your infant is eating enough for growth.		
	Dairy	Plain whole milk yogurt, including soy-based yogurt, or cheese	Can start to introduce	Cow's milk or fortified soy beverage; sweetened yogurt; unpasteurized (raw) milk, yogurt and cheese
	Grain**	Iron-fortified infant cereal (2-4 Tbsp.) Crackers (2) or bread (1/2 slice)**	2 servings 1 serving	Popcorn
	Fruit or Vegetables	Strained or pureed fruit and vegetables (2-3 Tbsp.)	1-2 servings	Raisins, whole grapes, dried, hard, raw fruits (e.g., apples) Dried, hard, raw vegetables (e.g., green beans)
	Protein	Strained or pureed meat (1-2 Tbsp.) Beans (1-2 Tbsp.)	1-2 servings	Uncut stringy meats, hot dog pieces or peanuts/peanut butter
	Beverage	Plain, fluoridated water	Up to 4-8 ounces	Plant-based milk alternatives; sports, energy or soft drinks; tea; lemonade; caffeinated beverages; fruit juice

*Consult your pediatrician for specific questions on feeding your child (timing, amounts, etc.).

**Choose whole grain more often.



Typical Portion Sizes and Daily Servings for Children 0-24 months^{1,2,3,4,5}

Age (months)	Food Group	Foods Options (Serving Size)	Servings Per Day	Not Recommended
8-12 months 8 12	Breast Milk or Iron-Fortified Infant Formula	Breast milk (recommended) or iron-fortified infant formula should be a major source of nutrition for the first twelve months of life. Work with your pediatrician to track feeding patterns to ensure your infant is eating enough for growth.		
	Dairy	Plain whole milk yogurt including soy-based yogurt (1/2 c.), cheese (1/2 oz.)	1 serving	Cow's milk or fortified soy beverage; sweetened yogurt; unpasteurized (raw) milk, yogurt and cheese
	Grain**	Iron-fortified infant cereal (2-4 Tbsp.), bread (1/2 slice), crackers (2) or pasta (3-4 Tbsp.)**	2 servings	Popcorn, baked goods
	Fruit or Vegetables	Strained or pureed fruit and vegetables (3-4 Tbsp.)	2-3 servings	Raisins, whole grapes, dried, hard, raw fruits or vegetables (e.g., apples, green beans)
	Protein	Strained or pureed meat (3-4 Tbsp.) and beans (1/4 c.)	2 servings	Uncut stringy meats, hot dog pieces or peanuts/peanut butter
	Beverage	Plain, fluoridated water	Up to 4-8 ounces	Plant-based milk alternatives; sports, energy or soft drinks; tea; lemonade; caffeinated beverages; fruit juice
12-24 months 12 24	Breast Milk	Breastfeeding may be continued as long as mutually desired by both mother and child.		
	Dairy	Plain whole milk ^a or fortified unsweetened soy beverage (1/2 c.), cheese (1/2 oz.) or yogurt (1/2 c.)	4-5 servings	Non-fat and flavored milk; unpasteurized (raw) milk, yogurt and cheese
	Grain**	Bread (1/4-1/2 slice), bagel/bun (1/4-1/2), ready-to-eat cereal (1/3-1/2 c.), cooked cereal (1/4-1/2 c.), or rice/pasta (1/4-1/3 c.)**	6 servings	Fried pastries and cereal mixes
	Fruit	Whole fruit (1/2 small), cooked, canned (in own juice) or chopped (1/4-1/3 c.), or berries (1/3-1/2 c.)	2-3 servings	Difficult to chew whole fresh fruits, especially those with peels; dried fruits, whole grapes and raisins
	Vegetables	Cooked, canned or fresh chopped (1/4-1/3 c.)	2-3 servings	Difficult to chew fresh vegetables, especially those with peels
	Protein	Beef, pork, poultry or fish (1-3 Tbsp.), beans, pulses or chopped nuts (2-4 Tbsp.), or egg (1 small)	2 servings	Undercooked meat served in chunks larger than 1/4-inch pieces; whole nuts, hot dogs, raw or undercooked eggs
	Beverage	Plain, fluoridated water	Enough to meet hydration and fluoride needs; consult your pediatrician for specific advice	Plant-based milk alternatives; sports, energy or soft drinks; tea; lemonade; caffeinated beverages; toddler milks/drinks; 100% fruit juice (no more than 4 oz. per day); juice drinks that contain added sugars

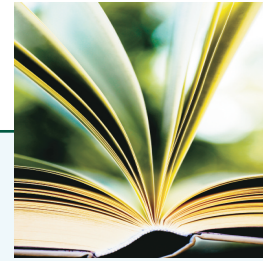
**Choose whole grain more often.

^aAfter 24 months: low-fat milk (1%) can be considered if growth and weight appropriate.

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Reference List



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3. Lott M, Callahan E, Welker Duffy E, Story M, Daniels S. *Healthy Beverage Consumption in Early Childhood: Recommendations from Key National Health and Nutrition Organizations*. Technical Scientific Report. Durham, NC: Healthy Eating Research, 2019. Available at <http://healthyeatingresearch.org>.
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7. Starting Solid Foods. <https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Starting-Solid-Foods.aspx>; Accessed on November 26, 2019.
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9. Jimenez EY, Perez-Escamilla R, Atkinson SA. *Existing Guidance on Feeding Infants and Children from Birth to 24 Months: Implications and Next Steps for Registered Dietitian Nutritionists*. *Journal of the Academy of Nutrition and Dietetics*. 2021; 121(4):647-654. doi:10.1016/j.jand.2020.12.016.

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