# Meal Pattern for Infants

## *Birth - 11 months*

## Breakfast, Lunch, and Supper

3 required meal 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** |

### 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** |
| **beans, peas and lentils** | | **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** |

## Snack

3 required meal 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** |

### 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** |

Please note, portions listed are minimums. Serving larger portions is encouraged.

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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 no more than 6 g of added sugar per dry ounce may be served. See the *Florida WIC-Approved Cereal List (additional cereals not listed here may be creditable, also).*

### 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 12 g of added sugar per 6 oz.