

FOOD GUIDE FOR INFANTS

0-5 Months

Making appropriate food choices for your baby during the first year of life is very important. More growth occurs during the first year than at any other time in your child's life. It's important to feed



your baby a variety of healthy foods at the proper time. Starting [good eating habits](#) at this early stage will help set healthy eating patterns for life.

Lakeland's Little Learners follows the meal pattern guidelines developed by the [USDA's Child and Adult Care Food Program](#). These meal patterns are based on scientific recommendations from the National Academy of Medicine and the American Academy of Pediatrics. Our menus are based on the guidelines for children over one year of age. Parents are asked to bring formula or breastmilk exclusively for children under 6 months of age.

The [infant \(0-5 months\) meal pattern](#) for breakfast, lunch, and snack are the same. It is 4-6 ounces of breastmilk or iron-fortified formula. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

You may have noted that the USDA meal guidelines do not include any food other than infant formula or breastmilk. If you wish to [start introducing foods](#) earlier than 6 months of age, have your pediatrician write a letter with the preferred meal pattern for your baby.

If you are looking for other resources about [bottle-feeding](#), [feeding frequency](#), and [breastfeeding](#) check out some of the links in this flyer.



References

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