**Section 407.APPENDIX D Infant Daily Food Requirements**

**INFANT DAILY FOOD REQUIREMENTS**

These feeding requirements are to be used as guidelines only. Food needs vary with each infant.

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| **MEAL** | **Birth through 3** | **4 through 7** | **8 through 11 months** |
| Breakfast | 4-6 fl. oz. formula or breast milk | 4-8 fl. oz. formula1 or breast milk | 6-8 fl. oz. formula1 breast milk, or whole milk |
|  |  | 0-3 Tbsp. infant cereal (optional) | 2-4 Tbsp. infant cereal2 |
|  |  |  | 1-4 Tbsp. fruit and/or vegetable |
| Lunch or Supper | 4-6 fl. oz. formula1 or breast milk | 4-8 fl. oz. formula1 or breast milk | 6-8 fl. oz. formula1 breast milk, or whole milk |
|  |  | 0-3 Tbsp. infant cereal2 (optional) | 2-4 Tbsp. infant cereal2 and/or 1-4 Tbsp. meat, fish, poultry, egg yolk, or cooked dry beans or peas or ½-2 oz. cheese or 1-4 oz. cottage cheese, cheese food, or cheese spread |
|  |  | 0-3 Tbsp. fruit and/or vegetable (optional) | 1-4 Tbsp. fruit and/or vegetable |
| Supplement | 4-6 fl. oz. formula1 or breast milk | 4-6 fl. oz. formula1 or breast milk | 2-4 fl. oz. formula1 or breast milk, whole milk or fruit juice3 |
|  |  |  | 0-½ bread4 or 0-2 crackers (optional) |

1 Shall be iron-fortified infant formula.

2 Shall be iron-fortified dry infant cereal.

3 Shall be full strength fruit juice

4 Shall be from whole grain or enriched meals or flour

(Source: Amended at 22 Ill. Reg. 1728, effective January 1, 1998)