




How the Infant Meal Pattern Corresponds with Food Textures and Feeding Styles

Age of Baby by Month	Birth	1	2	3	4	5	6	7	8	9	10	11	12
Age grouping in Infant Meal Pattern	 Birth through 3 months				 4 months through 7 months				 8 months through 11 months				
Sequence of Introducing Foods in Infant Meal Pattern	Breastmilk or Formula				Infant Cereal Vegetables and/or Fruit				Meat or Meat Alternates Crackers and/or Bread Fruit Juice (only in a cup)				
Texture of Solid Food					Strained/Pureed (thin consistency for cereal)								
									Mashed				
									Ground/Finely Chopped				
								Chopped					
Feeding Style	Breastfeeding or Bottle Feeding												
					Spoon Feeding								
									Cup Feeding				
									Self Feeding/Finger Foods				