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| **Individual Weekly Infant Meal Record** |
| Full Name of Infant: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Birthdate: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age in months: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  ⬜ Breast milk (If breastfed on site by mother, write under correct meal) ⬜ Formula provided by ⬜ Center or ⬜ Parent Name of formula: |

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| **Food Components** |  | **0-5 mo.** | **6-11 mo.** |  | Date: \_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_ |
| **BREAKFAST** |  |  |  |  |  |  |  |  |  |
| Breast milk or Iron-fortified infant formula |  | 4-6 fl. oz. | 6-8 fl. oz. |  | Ate: | Ate: | Ate: | Ate: | Ate: |
| Choice of:  Iron-fortified infant cereal,  meat, fish, poultry, whole egg, cooked dry beans or peas, cheese  Cottage cheese  Yogurt |  |  | 0-4 Tbsp.  0-8 T (0-1/2 c)  0-1 cup |  | Ate: | Ate: | Ate: | Ate: | Ate: |
| Vegetable or Fruit or both |  |  | 0 - 2 Tbsp. |  | Ate: | Ate: | Ate: | Ate: | Ate: |
| AM SNACK |  |  |  |  |  |  |  |  |  |
| Breast milk or Iron-fortified infant formula |  | 4-6 fl. oz. | 2-4 fl. oz. |  | Ate: | Ate: | Ate: | Ate: | Ate: |
| Vegetable or Fruit or both |  |  | 0 - 2 Tbsp. |  | Ate: | Ate: | Ate: | Ate: | Ate: |
| Crusty bread  **or** crackers  **or** ready-to-eat-cereal |  |  | 1/4-1/2 slice  1-2 crackers  3-6 Tbsp. |  |  |  |  |  |  |
| LUNCH/DINNER |  |  |  |  |  |  |  |  |  |
| Breast milk or Iron-fortified infant formula |  | 4-6 fl. oz. | 6-8 fl. oz. |  | Ate: | Ate: | Ate: | Ate: | Ate: |
| Choice of:  Iron-fortified infant cereal,  meat, fish, poultry, whole egg, cooked dry beans or peas, cheese  Cottage cheese  Yogurt |  |  | 0-4 Tbsp.  0-8 T (1/2 c).  0-1 cup |  | Ate: | Ate: | Ate: | Ate: | Ate: |
| Vegetable or Fruit or both |  |  | 0 - 2 Tbsp. |  | Ate: | Ate: | Ate: | Ate: | Ate: |
| PM SNACK |  |  |  |  |  |  |  |  |  |
| Breast milk or Iron-fortified infant formula |  | 4-6 fl. oz. | 2-4 fl. oz. |  | Ate: | Ate: | Ate: | Ate: | Ate: |
| Vegetable or Fruit or both |  |  | 0 - 2 Tbsp. |  | Ate: | Ate: | Ate: | Ate: | Ate: |
| Crusty bread  **or** crackers  **or** ready-to-eat-cereal |  |  | 0-1/2 slice0  0-2 crackers  0-6 Tbsp. |  | Ate: | Ate: | Ate: | Ate: | Ate: |