



MEATS

Meats are an excellent source of protein and iron for infants. It also contributes significantly to energy requirements and to multiple vitamins, such as riboflavin, niacin, as well as B-12 and B-6. Strained meats are prepared in a sterile, finely divided form which is acceptable to infants.

- 1) Meats may be offered twice a day – at lunch and supper meals**
- 2) You may offer up to an entire jar at feedings**
- 3) Introduce a new meat every 3-4 days**

Once your infant is on the meats, your feeding schedule may be as follows:

Breakfast: Cereal and fruit

Lunch: Meat with fruit OR vegetable

Supper: Meat with fruit AND vegetable