

Suggestions for
ADDING SOLID FOODS

6-8 Months	Infant Cereals Vegetables Fruits Meats
8-10 Months	Protein Foods Finger Foods
10-12 Months	Foods From Family Meals

Guide For Good Eating: 0-12 Months

This guide is to help you know how much of what food to offer your baby every day. Your baby may eat more or less than these amounts.

The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months, and that breastfeeding continue for at least 12 months and beyond.

Breastmilk and/or formula provide all the nutrition most babies need for about the first six months after birth. It is recommended that exclusively breastfed babies and babies taking less than 32 ounces of formula a day be given Vitamin D drops (400 IU of Vitamin D) starting in the first few days of life and continued until the babies or children drink at least 32 ounces of formula or Vitamin D fortified milk each day.

■ **BIRTH TO 4 MONTHS**

Breastfeed: Birth to 4 weeks, feed on demand; 8-12 or more feedings daily. 1 to 4 months, 6-10 or more feedings daily.

Breastmilk or iron-fortified formula: 16-32 ounces daily.

■ **4 TO 6 MONTHS**

Breastfeed: 6-8 or more feedings daily.

Breastmilk or iron-fortified formula: 26-40 ounces daily.



■ 6 TO 8 MONTHS

Breastfeed: 4-6 or more feedings daily.

Breastmilk or iron-fortified formula: 24-32 ounces daily; start to offer breastmilk or formula from a cup.

Infant cereal: 2-8 tablespoons daily given to baby from a spoon.

Vegetable: 4-8 or more tablespoons daily; strained, puréed or mashed.

Fruit: 4-8 or more tablespoons daily; strained, puréed or mashed.

Meats: 1-3 tablespoons daily; strained or puréed single meats.

■ 8 TO 10 MONTHS

Breastfeed: 4-6 or more feedings daily.

Breastmilk or iron-fortified formula: 20-24 ounces daily; continue to offer breastmilk or formula from a cup.

Infant cereal: 4-8 or more tablespoons daily.

Other grain products: unsweetened dry cereals, crackers, small pieces of toast or zwieback 2-3 times daily.

Vegetable: 4-8 or more tablespoons daily; mashed or finely chopped.

Fruit: 4-8 or more tablespoons daily; mashed or finely chopped.

Meat/protein: 2-6 tablespoons daily; ground or finely chopped meats, egg yolks or cooked and mashed dried beans.

■ 10 TO 12 MONTHS

Breastfeed: 4-6 or more feedings daily.

Breastmilk or iron-fortified formula: 16-24 ounces daily; increase cup feedings and decrease bottles.

Bread, cereal and other grains: 3-4 times daily, ½ slice of bread, ½ cup cereal or other grain products.

Vegetable: 6-8 tablespoons daily, chopped.

Fruit: 6-8 tablespoons daily, chopped.

Fruit juice: not needed -- but if offered, limit to 4 ounces daily and only offer in a cup. Use only 100% fruit juice.

Meat/protein: 2-8 tablespoons daily, chopped.

Begin chopped cooked foods from family meals like green beans, peas, potatoes, carrots, lean ground meats, peeled soft fruits or cooked dried beans.

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