

Baby's New Foods

| | 4 to 6 months | 6 to 7 months | 7 to 9 months | 9 to 12 months |
|--|--|--|---|--|
| Breast milk or Infant Formula with Iron | Nursing on demand, or up to 24oz of formula daily | Nursing on demand, or up to 24-32oz of formula daily | Nursing on demand, or up to 24-32oz of formula daily | Nursing on demand, or up to 24-32oz of formula daily |
| Infant Cereal with Iron and Finger Foods | Introduce rice cereal first. Once accepted, try oat and barley. Use a spoon, not a bottle. 4-8 Tbsp daily or 2-4 Tbsp twice daily Use breast milk or formula to mix cereal. | Try mixed cereal only if single-grain cereal cause no problems. 3-5 Tbsp twice daily Use breast milk or formula to mix cereal. | Continue with infant cereal. 3-5 Tbsp twice daily Use breast milk or formula to mix cereal. For teething babies try finger food such as: ● teething biscuits ● unsalted crackers | Continue with infant cereal. 4-6 Tbsp twice daily Introduce: ● bread ● rice ● pasta |
| Vegetables | None | Start with mashed, cooked vegetables such as: ● carrots ● sweet potatoes ● squash Then try darker vegetables such as: ● green beans ● peas 3-4 Tbsp daily | Cooked and mashed vegetables such as: ● carrots ● sweet potatoes ● squash ● green beans ● peas 3-4 Tbsp daily | Cooked (mashed or diced) vegetables. 6-8 Tbsp daily |
| Fruits | None | Mashed, cooked fruit such as: ● applesauce ● pears ● peaches 3-4 Tbsp daily | Mashed fruit such as: ● ripe bananas ● plums ● apricots 4-6 Tbsp daily | Soft pieces of raw or cooked fruit: ● peeled ● seeded ● chopped 6-8 Tbsp daily |
| Fruit Juice | None | None | Non-citrus fruit juice (diluted 50/50 with water) served in a cup not bottle. No more than 4oz daily | Non-citrus fruit juice (diluted 50/50 with water) served in a cup not bottle. No more than 4oz daily |
| Meat and Alternatives | None | None | None | Introduce finger food: ● minced or diced cooked meat, chicken or tofu ● Mashed beans 4-8 Tbsp daily |
| Dairy Products and Eggs | None | None | None | Try giving: ● fruit-flavored yogurt ● cottage cheese ● hard-cooked egg yolk Wait until 1 year old to offer egg whites. |