

Food for Baby's First Year—General Guidelines for Feeding Healthy Infants

6 to 8 Months

Breastfed Babies

- 4 to 6 or more breastfeedings per day

Formula Fed Babies

- 6 to 8 oz formula per feeding
- 4 to 5 feedings per day
- total of 27 to 32 oz of formula per day

If your baby is both breastfed and formula fed, talk with the nutritionist or health care provider about your baby's feeding pattern.

Feed your baby only one new food per week. Then you can find out if your baby has a problem with the new food.

Baby Cereal

- 4 to 8 tablespoons or more per day of prepared cereal

Pureed Vegetables

- 4 to 8 tablespoons or more per day

Pureed Fruits

- 4 to 8 tablespoons or more per day

Pureed Meats

- cooked lean meat, chicken or turkey
- 1 to 6 tablespoons per day

100% Fruit Juice

- 4 to 6 oz per day in a cup only; not a bottle.
- Begin with apple juice or white grape juice mixed with some water.
- You don't need to buy baby juices; diluted adult juices are just fine.

Water

- Babies over 6 months old who are eating a variety of foods may need to be given about 4 to 8 oz of plain water per day. There may be times when your baby needs to be given more water. Check with your baby's health care provider for more information.

How many tablespoons are in a jar of baby food?

5 tablespoons =



8 tablespoons =



12 tablespoons =



Sample Daily Meal Plan

Early Morning

- breastfeed **or** give 6 to 8 oz formula

Mid Morning

- 4 tablespoons prepared baby cereal
- 4 tablespoons pureed fruit **or** 4 to 6 oz fruit juice

Noon Meal

- breastfeed **or** give 6 to 8 oz formula
- 4 tablespoons pureed vegetables
- 1 to 3 tablespoons pureed meat

Mid Afternoon

- breastfeed **or** give 6 to 8 oz formula

Evening Meal

- 4 tablespoons pureed vegetables
- 1 to 3 tablespoons pureed meat
- 4 tablespoons pureed fruit

Before Bedtime

- breastfeed **or** give 6 to 8 oz formula
- 4 tablespoons prepared baby cereal

Note: More breastfeedings per day may be needed, especially for younger babies.

Making Your Own Baby Food

Make your own baby food or buy it in jars at the grocery store. If buying baby food, buy only single-ingredient foods such as plain vegetables, fruits, and meats.

To make pureed baby food:

1. **Prepare meats** by removing the bones, skin, and visible fat.
2. **Prepare fresh fruits and vegetables** by scrubbing and peeling off the skin. Remove stems, pits, and seeds. Some fresh fruits, like bananas, and most canned fruits and vegetables don't need to be cooked before pureeing. Buy canned foods that have no added sugar, syrup, or salt.
3. **Boil foods** until soft, in just enough water to cover foods. Allow to cool. **Puree food in a food processor or blender**, adding small amounts of cooking water until mixture is smooth and creamy.

