

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

## 8 to 12 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 for ages 8-10 months
- 3 to 4 feedings per day for ages 10-12 months
- total of 24 to 32 oz of formula per day

**At 8 to 10 months, let your baby begin to eat some foods with his/her fingers.**

**At 10 to 12 months, let your baby begin to feed himself/herself with a spoon.**

### Baby Cereal

- 4 to 8 tablespoons or more per day of prepared cereal
- Begin mixed grain baby cereal at about 8 months.

**Vegetables: peeled; soft-cooked or canned; and then ground, mashed, or chopped**

- 4 to 8 tablespoons or more per day

**Fruits: peeled; soft or soft-cooked or canned; and then ground, mashed, or chopped**

- 4 to 8 tablespoons or more per day

**Meat or Meat Substitutes: cooked and then ground, mashed, or chopped**

- lean meat, chicken, turkey, fish\* (no shellfish), dry beans, or egg yolk (yellow part of the egg only)
- 1 to 6 tablespoons per day

\*See **Florida Fish Consumption Advisories** at [www.doh.state.fl.us/Environment/community/fishconsumptionadvisories/index.html](http://www.doh.state.fl.us/Environment/community/fishconsumptionadvisories/index.html)

### Grains

- crackers, toast, noodles, rice, grits, and soft tortilla pieces
- 2 to 3 times per day

### Yogurt and Soft Cheese

- small amounts

### 100% Fruit Juice

- 4 to 6 oz per day in a cup only; not a bottle.

### Water

- 4 to 8 oz per day or as needed. Check with your baby's health care provider for more information.

### Sample Daily Meal Plan

#### Early Morning

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

#### Mid Morning

- 4 to 8 tablespoons prepared cereal **or** grits
- 4 tablespoons fruit **or** 4 to 6 oz fruit juice

#### Noon Meal

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

#### Mid Afternoon

- breastfeed **or** give 6 to 8 oz formula
- crackers
- soft cheese **or** yogurt

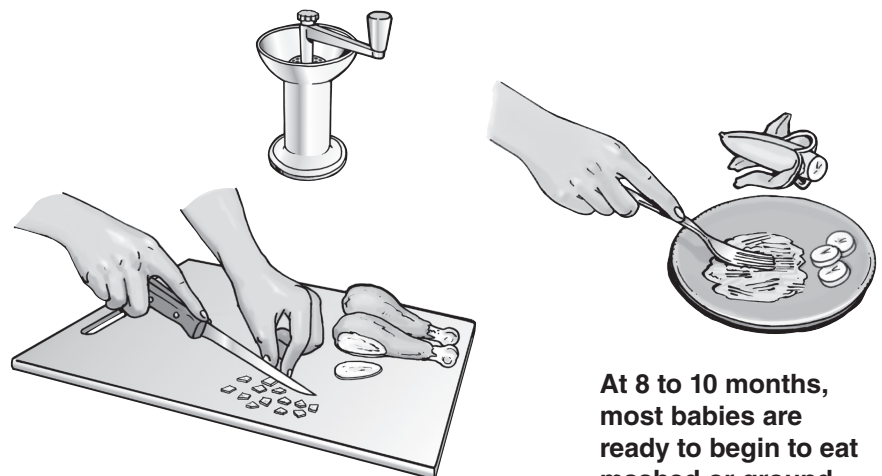
#### Evening Meal

- 4 tablespoons vegetables
- 1 to 4 tablespoons meat
- 4 tablespoons fruit
- grains such as noodles, rice, or soft tortilla pieces

#### Before Bedtime

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

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



**At 10 to 12 months, most babies are ready to begin to eat chopped foods.**

**At 8 to 10 months, most babies are ready to begin to eat mashed or ground foods.**