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 at a time. Wait a couple
  of days before giving another food. Then you can find out
  if your baby has a problem with the new food.
- As you begin to give your baby more solid foods,
  remember that he or she still needs breastmilk or formula
  every day.

Amount of Food per Day

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

Protein Foods
1 to 6 tablespoons per day of pureed
lean meat, chicken or turkey

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.

Fruit Juice is not recommended for babies under 12
months of age.

Baby Food Tips
- Buy only plain vegetables, fruits, and meats. These baby
  foods have a greater nutritional value when compared
  to baby food mixed dinners. Plain meats can be mixed
  with plain vegetables or fruits to make your own “mixed”
  dinners.
- Plain fruits should be served instead of baby desserts.
  Baby desserts contain added sugars and starches, and are
  low in vitamins.
- Feed your baby from a bowl, not from the jar. This way,
  the baby’s saliva on the spoon will not spoil the food
  left in the jar. Refrigerate any food left in the jar and use
  within 2 days; use meat or egg yolk within 24 hours. Any
  food left in the bowl should be thrown away.

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

Noon Meal
- breastfeed or give 6 to 8 oz formula
- 4 tablespoons pureed vegetables
- 1 to 3 tablespoons pureed meat, chicken, or turkey

Mid Afternoon
- breastfeed or give 6 to 8 oz formula

Evening Meal
- 4 tablespoons pureed vegetables
- 1 to 3 tablespoons pureed meat, chicken, or turkey
- 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.

How many tablespoons are in a jar or
container of baby food?

2½ oz = 5 tablespoons or about ½ cup
3½ oz = 7 tablespoons
4 oz = 8 tablespoons or ½ cup
6 oz = 12 tablespoons or ¾ cup

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.