

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 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?

$2\frac{1}{2}$ oz = 5 tablespoons or about $\frac{1}{3}$ cup

$3\frac{1}{2}$ oz = 7 tablespoons

4 oz = 8 tablespoons or $\frac{1}{2}$ cup

6 oz = 12 tablespoons or $\frac{3}{4}$ 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.

