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

Amount of Food per Day

Baby Cereal:
4 to 8 tablespoons or more per day of prepared cereal
Begin whole wheat and mixed grain cereal.

Other Grains: crackers, whole wheat toast, noodles,
brown rice, grits, and soft tortilla pieces
¼ cup—2 times per day

Vegetables: ¼ to ½ cup—2 to 3 times per day

Fruits: ¼ to ½ cup—2 to 3 times per day

Dairy: yogurt and diced cheese ¼ cup—1 to 2 times per day
Wait until your baby is 1 year old to give him or her whole milk.

Protein Foods: cooked lean meat, chicken, turkey, fish,
beans, egg yolk, or tofu ¼ cup—1 to 2 times per day
Wait until your baby is 1 year old to feed him or her egg whites
and shellfish such as shrimp, clams, crab, scallops, and oysters.

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.

Sample Daily Meal Plan

Early Morning
• breastfeed or give 6 to 8 oz formula

Mid Morning
• 4 to 8 tablespoons prepared cereal or grits
• ¼ to ½ cup fruit

Noon Meal
• breastfeed or give 6 to 8 oz formula
• ¼ to ½ cup vegetables
• ½ to ¼ cup protein foods

Mid Afternoon
• breastfeed or give 6 to 8 oz formula
• crackers or whole wheat toast
• soft cheese or yogurt

Evening Meal
• ¼ to ½ cup vegetables
• ½ to ¼ cup protein foods
• ¼ to ½ cup fruit
• ¼ cup 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 8 to 10 months
• Continue feeding pureed foods while starting your baby
on some mashed and ground foods.
• Let your baby begin to eat some foods with his or her
fingers.
• Feed your baby when the rest of your family eats. Eating
with your baby will make him or her more likely to try new
foods.

At 10 to 12 months
• Continue feeding pureed, mashed, and ground foods
while starting your baby on some soft, chopped foods.
• Let your baby begin to feed himself or herself with a
spoon.
• As your baby begins to eat more solid foods and drink
from a cup, he or she can be weaned from the bottle.