

# 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.

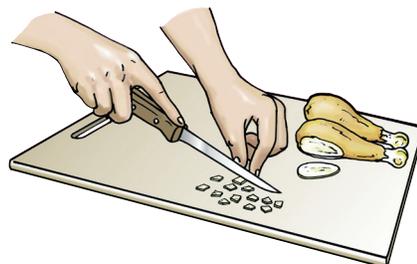
## At 8 to 10 months

- 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.



## 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
- ⅛ 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
- ⅛ 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.