



# BABY FOOD

## GUIDELINE

### AGE

### RECOMMENDED FOODS

**4 - 6**  
MONTHS

Check with pediatrician first;  
start tastes of cereals, fruits  
and vegetables.



**6 - 8**  
MONTHS

Main source of nutrition: Breast  
milk or formula  
 $\frac{1}{4}$  cup of grains/cereals, twice  
a day.  
2 tablespoons of vegetable  
purée, twice a day.  
2 tablespoons of fruit purée,  
twice a day.  
1 tablespoon of meat or poultry  
purée, twice a day.



**8 - 10**  
MONTHS

Main source of nutrition: Breast milk  
or formula  
 $\frac{1}{2}$  cup of vegetables per day,  
offering a variety.  
 $\frac{1}{2}$  cup of fruits per day, offering  
a variety.  
1 ounce of meat or beans a day.  
1 ounce of grains a day.



**10 - 12**  
MONTHS

3 meals and 2-3 snacks a day;  
begin weaning from breast milk or  
formula to whole milk.  
2 cups of dairy a day, served in  $\frac{1}{4}$   
to  $\frac{1}{2}$  cup servings.  
2 ounces of grains, with half of the  
grains as whole grains.  
 $\frac{3}{4}$  cup of vegetables.  
1 cup of fruits.  
1.5 ounces of meat/beans,  
thoroughly cooked and easy to  
chew.  
Whole milk or water to drink.



# Your Baby Food

**S Ashworth**



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