

# FEEDING SCHEDULE



for baby's  
1st year

**0-4  
MONTHS**



Only breast milk  
or formula

**4-6  
MONTHS**



Breast milk or formula

Pureed fruits and  
vegetables

**6-8  
MONTHS**

Same as above



Add pureed meats,  
tofu, legumes, or cereals

**8-10  
MONTHS**

Same as above



Add cheese, mashed fruits,  
teething crackers and eggs

**10-12  
MONTHS**

Same as above



Add soft-cooked  
vegetables, combination  
food, and finger foods

# The Baby Guide

**Roman Wölfel**



## **The Baby Guide:**

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, Fuel Your Spirit with **The Baby Guide** . In a downloadable PDF format ( PDF Size: \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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