



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

J Dewey



Your Baby Food:

Decoding **Your Baby Food**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Your Baby Food**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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