

Starting Solid Foods

Starting Foods

These guidelines are to help you know how much of what foods to feed your baby everyday. Your baby may eat more or less than these amounts.



Here are our Suggestions for Adding Solid Foods

- Breastfeed or formula feed first.
- Try food in any order.
- Use single item foods.
- Try one new food item at a time for 3-4 days.



6-9 Months

- **Breastfeed** 3 to 5 or more feedings or give **formula** in 3 to 5 feedings of 6 to 8 ounces each (24 to 32 ounces total).
- Offer breastmilk, formula, or water from a cup without a lid.
- **Infant Cereal Group:** Give 4 to 6 tablespoons daily. Give it with a spoon!
- **Vegetable Group:** Give 3 to 4 tablespoons daily, strained or mashed.
- **Fruit Group:** Give 3 to 4 tablespoons daily, strained or mashed.
- **Meat Group:** Give 1 to 2 tablespoons daily, strained or mashed.



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9–12 Months

- Use chopped table foods such as green beans, peas, carrots, lean ground meat, peeled soft fruits, potatoes, and cooked dry beans.
- **Breastfeed** 3 to 4 or more feedings or give **formula** in 3 to 4 feedings of 6 to 8 ounces each (24 to 32 ounces total).
- Continue to offer breastmilk, formula, or water in a cup without a lid.
- Increase cup use, decrease bottles.
- Let baby practice using a spoon and feeding self with fingers.
- **Vegetable Group:** Give 3 to 4 tablespoons daily.
- **Fruit Group:** Give 3 to 4 tablespoons daily.
- **Meat Group:** Give 1 to 3 tablespoons daily, mashed or finely cut. You can also give egg, fish, tofu, or cheese slices.
- **Bread and Cereal Group:** Give ½ slice of bread, ½ cup infant cereal, other bread items 3 to 4 times daily.



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