

# Baby's New Foods

	4 to 6 months	6 to 7 months	7 to 9 months	9 to 12 months
Breast milk or Infant Formula with Iron	Nursing on demand, or up to 24oz of formula daily	Nursing on demand, or up to 24-32oz of formula daily	Nursing on demand, or up to 24-32oz of formula daily	Nursing on demand, or up to 24-32oz of formula daily
Infant Cereal with Iron and Finger Foods	Introduce rice cereal first. Once accepted, try oat and barley. Use a spoon, not a bottle. 4-8 Tbsp daily or 2-4 Tbsp twice daily Use breast milk or formula to mix cereal.	Try mixed cereal only if single-grain cereal cause no problems.  3-5 Tbsp twice daily  Use breast milk or formula to mix cereal.	Continue with infant cereal. 3-5 Tbsp twice daily Use breast milk or formula to mix cereal. For teething babies try finger food such as: ● teething biscuits ● unsalted crackers	Continue with infant cereal. 4-6 Tbsp twice daily  Introduce: ● bread ● rice ● pasta
Vegetables	None	Start with mashed, cooked vegetables such as: ● carrots ● sweet potatoes ● squash Then try darker vegetables such as: ● green beans ● peas 3-4 Tbsp daily	Cooked and mashed vegetables such as: ● carrots ● sweet potatoes ● squash ● green beans ● peas  3-4 Tbsp daily	Cooked (mashed or diced) vegetables.   6-8 Tbsp daily
Fruits	None	Mashed, cooked fruit such as: ● applesauce ● pears ● peaches 3-4 Tbsp daily	Mashed fruit such as: ● ripe bananas ● plums ● apricots  4-6 Tbsp daily	Soft pieces of raw or cooked fruit: ● peeled ● seeded ● chopped 6-8 Tbsp daily
Fruit Juice	None	None	Non-citrus fruit juice (diluted 50/50 with water) served in a cup not bottle. No more than 4oz daily	Non-citrus fruit juice (diluted 50/50 with water) served in a cup not bottle. No more than 4oz daily
Meat and Alternatives	None	None	None	Introduce finger food: ● minced or diced cooked meat, chicken or tofu ● Mashed beans 4-8 Tbsp daily
Dairy Products and Eggs	None	None	None	Try giving: ● fruit-flavored yogurt ● cottage cheese ● hard-cooked egg yolk Wait until 1 year old to offer egg whites.