WEEK ONE

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **BREAKFAST** | **MON** | **TUES** | **WED** | **THURS** | **FRI** | **SAT** | **SUN** |
| Breast milk | Breast  | Breast  | Breast  | Breast  | Breast  | Breast  | Breast  |
| and/or | milk | milk | milk | milk | milk | milk | milk |
| Formula | and/or | and/or | and/or | and/or | and/or | and/or | and/or |
|   | Formula | Formula | Formula | Formula | Formula | Formula | Formula |
| Cereal | Rice  | Oatmeal | Oatmeal | Barley | Oatmeal, | Rice | Oatmeal |
| and/or | cereal | cereal | & rice | cereal | Rice, | cereal | cereal |
| Grain |   |   | cereal |   | Barley |   |   |
| \*\*\* |   |   | mixed |   | mix |   |   |
| Fruit +/or | Avocado | Banana | Apples | Avocado | Banana | Apples | Mix |
| Vegetables |   |   |   |   |   |   | fruit |
| \*\*\* |   |   |   |   |   |   |   |

\*\*\* Not all babies between 6-8 months will be eating the foods suggested. You should feed

your baby accordingt to his/her own food schedule

We do not note amounts of foods because all babies are different and will be eating different

amounts of foods.

4-6 month old babies will likely be eating between 2 and 4 ounces of food per day.

Some 4-6 month old babies may not have started solids at all.

At 6 or 7 months old, some infants may eat 4-6 ounces of food per day while babies who are

just starting solids at 6 or 7 months of age may be eating only 1-2 ounces per day.

Your child might only be able to eat 4 tablespoons of oatmeal with 2 tablespoons of mashed avocado

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| **LUNCH** | **MON** | **TUES** | **WED** | **THURS** | **FRI** | **SAT** | **SUN** |
| Breast milk | Breast  | Breast  | Breast  | Breast  | Breast  | Breast  | Breast  |
| and/or | milk | milk | milk | milk | milk | milk | milk |
| Formula | and/or | and/or | and/or | and/or | and/or | and/or | and/or |
|   | Formula | Formula | Formula | Formula | Formula | Formula | Formula |
| Cereal | Oatmeal | Oatmeal | Barley | Rice | Oatmeal, | Barley or | Rice |
| and/or | cereal | & rice | cereal | cereal | cereal | Oatmeal | cereal |
| Grain |   | cereal |   |   |   | cereal |   |
|   |   | mixed |   |   |   |   |   |
| Fruit +/or | Sweet | Acorn | Green | Sweet | Acorn | Green | Squash |
| Vegetables | potato | Squash or | beans | potato | Squash or | beans |   |
|   |   | Pumpkin |   |   | Pumpkin |   |   |

By 8-9 months of age, most babies will be eating 3 solid food meals per day. A baby's appetite will change from one meal to the next so don't expect your baby to eat 3 "full" meals each and every day.

Read our **How Much Should My Baby Be Eating** article to learn why your baby may eat more or less than others. All babies are different and your baby may eat more or less than what is shown on these example charts.

Remember, we cannot stress it enough; all babies are different and your baby may eat more or less than what is shown on these example charts. This menu and sample schedule outlines examples and shows ideas for solid foods only. It does not account for, nor does it list, total daily Breast Milk or Formula intake

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **DINNER** | **MON** | **TUES** | **WED** | **THURS** | **FRI** | **SAT** | **SUN** |
| Breast milk | Breast  | Breast  | Breast  | Breast  | Breast  | Breast  | Breast  |
| and/or | milk | milk | milk | milk | milk | milk | milk |
| Formula | and/or | and/or | and/or | and/or | and/or | and/or | and/or |
|   | Formula | Formula | Formula | Formula | Formula | Formula | Formula |
|   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |
| Fruit +/or | Pears | Peas | Peaches | Pears | Peas | Peaches | Mix |
| Vegetables |   |   |   |   |   |   | veggies |
| \*\*\* |   |   |   |   |   |   |   |

Read how our dietitian feeds her baby:

"I know moms are busy and don't have a lot of extra time.   The best thing that works for me is mixing enough fruit and vegetables for 3-4 days worth.  For example on Sunday I make a mix of berries and banana and a separate mix of spinach, avocado, and asparagus for 3 days worth.  Then on Wednesday I make a mix of kiwi, pineapple, orange and a separate mix of carrot, sweet potato, butternut squash to last until Sunday".  Challenge your with a wide range of flavors and textures.  Try to make homemade vs jarred food and make sure you don't add anything to the foods such as salt, juice, etc.  See more information of baby food