

<i>Age</i>	<i>Food Group</i>	<i>Foods</i>	<i>Times per day</i>	<i>Serving Size</i>	<i>Feeding Tips</i>
6-8 months	Milk	Breast Milk or Formula	4-6 3-5	6-8 ozs	<ul style="list-style-type: none"> Serving sizes are approximate. Each baby's appetite is different. Daily totals of breast milk or formula for this group are approx 24-32 ozs. Add pureed vegetables and fruits first, then add mashed or finely chopped cooked vegetables and fruits later. Watch for signs that baby is full: pushes spoon away, turns head, spits food out. Feed only one new fruit or vegetable each week. Avoid citrus fruits and strawberries until after 12 months of age. When using food from a jar, remove amount for one feeding and refrigerate the unused portion. Try giving 100% fruit juice in a cup. Juice in a bottle may cause tooth decay. Juice doesn't need to be given daily. Apple and white grape are good 1st choice juices. Breast milk or formula in a cup can also be introduced at this age. Add strained meats between 6-8 months. Feed only one new meat each week. When your baby develops a pincer grasp, you may introduce soft finger foods. This typically occurs around 7-9 months. Finger foods should be broken, cut, or smashed into small pieces. No honey until after 12 months of age; egg yolk can be given after 8 months. Table foods need to be cut into very small pieces to avoid choking. Always remember to avoid choking hazard foods: nuts, grapes, hot dogs..etc Never leave babies unattended while they are eating.
	Grain	Baby cereal (iron-fortified) Bread/Rice/ Pasta/Crackers	2 Offer	1/4 cup 1/4 slice or 2 crackers	
	Fruit	Bananas, pears, peaches, apples (examples)	2	2.5oz	
		Fruit Juice	0-1 (optional)	4 oz (from cup)	
	Vegetable	Carrots, peas, green beans, squash, sweet potatoes (examples)	2	2.5oz	
	Meat	Chicken, beef, pork	1	2.5oz	