

<i>Age</i>	<i>Food Group</i>	<i>Foods</i>	<i>Times per day</i>	<i>Serving Size</i>	<i>Feeding Tips</i>
8-12 months	Milk	Breast Milk or Formula	3-4 3-4	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 16-32 ozs. Typically at this age babies are having 3 meals today with breast milk/formula between. Be patient. Babies are messy when they feed themselves. At this age, babies are typically on a combination of pureed and finger foods. Start with allowing the baby to feed him/herself finger foods then add in pureed foods with spoon. Let baby use a spoon for self-feeding as able. Attempt to get a balanced diet of all food groups daily. Offer fresh fruit and cooked vegetables in bite size portions. Some fruits may need to be peeled and/or seeded (apples, pears). Continue to offer beverage in a cup. 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 No honey until 12 months of age. No whole eggs until 12 months of age, but okay to give egg yolk. Always taste heated foods before serving them to baby to make sure they are not too hot. Never leave babies unattended while they are eating.
		Cheese Plain or blended yogurt	Offer	1/2 oz 1/2 cup	
	Grain	Baby cereal (iron-fortified)	2-3	1/4 cup	
		Bread/Rice/Pasta	1-2	1/4 slice or 1/4 cup	
	Fruit	Bananas, pears, peaches, apples, melons (examples)	2	2.5- 4 oz	
		Fruit Juice	1	4 oz	
Vegetable	Dark yellow, orange or green	2	2.5-4 oz		
Meat	Chicken, beef, pork, beans, tofu, egg yolk	2	2.5 oz		