

# What and How Much Babies Need to Eat

For better eating, give bottles 1 to 2 hours before or after meals, instead of with meals.



**Babies 6–12 months old need an average of 50 calories per pound of body weight per day.**

## 6–8 Months

### 1st Foods or Stage 1 (2.5-oz jars)

Breakfast: ¼ cup cereal and 1 jar fruit

Lunch: 1 jar veggie (sweet potatoes)\* and 1 jar strained meat (chicken)

Dinner: ¼ cup cereal and 1 jar fruit (peaches)



Plus 24-32 fl oz of breast milk or formula in 3–4 feedings after food or 2 hours in between meals.

## 9–11 Months

### Combination of foods — 2nd Foods or Stage 2 (4-oz jars)

Breakfast: ½ cup mixed cereal and 1 jar fruit (apples and plums)

Lunch: 1 jar meat-veggie combo (turkey and rice) and 1 jar dessert (Dutch apple)

Dinner: 1 jar veggie (peas) and 1 jar strained meat (lamb) OR bits of soft veggie and shredded meat (table food)



Plus 24-32 fl oz of breast milk or formula in 3–4 feedings after food or 2 hours in between meals.



By 9 to 12 months, baby is **able** to eat or **may eat as much as** 6–9 jars of food a day and 16–24 fl oz of breast milk or formula.

## 12–15 Months

### Chunkier textures equivalent to home-cooked table food cut in small pieces or diced; 3rd or Stage 3 foods are convenient, but not necessary

Breakfast: ½ cup cereal and 1 jar fruit

Lunch: 1 jar meat and 1 jar veggie and ½ jar fruit

Dinner: 1 jar dinner and ½ jar fruit



Plus 20-28 fl oz of full-fat milk after 12 months, in 4 feedings after food or 2 hours in between meals.

\*Sample foods are in parentheses.

### Baby is ready for 3rd or Stage 3 foods when he/she:

- Sits alone
- Uses gums to mash food
- Uses fingers to feed self
- Starts crawling and pulls self up to standing
- Likes more tastes and textures

**Challenge your child with a wide range of flavors and textures.**

*If baby is still hungry, offer more food. Let baby tell you when he/she is full.*