



Complete Baby Guide



**Feel what I felt,
Learn What I Learnt**



Baby Solid Food Guide

Age: 4 to 6 months

- Breast milk or formula, PLUS
- Pureed vegetables (Sweet Potatoes, Squash)
- Pureed fruit (Apples, Bananas, Peaches)
- Pureed meat (Chicken, Pork, Beef)
- Semi-liquid, Iron-fortified Cereal
- Little amounts of unsweetened yogurt

One teaspoon of pureed food (listed above) or cereal **increase to One tablespoon** of pureed food, or cereal mixed with breast milk or formula, **twice a day.**

Baby Solid Food Guide

Age: 6 to 8 months

- Breast milk or formula, PLUS
- Pureed or strained fruits (banana, pears, applesauce, peaches, avocado)
- Pureed or strained vegetables (well-cooked carrots, squash, sweet potato)
- Pureed meat (chicken, pork, beef)
- Pureed tofu
- Small amounts of unsweetened yogurt (no cow's milk until age 1)
- Pureed legumes (black beans, chickpeas, edamame, fava beans, black-eyed peas, lentils, kidney beans)
- Iron-fortified cereal (oats, barley)



- Begin with 1 teaspoon Pureed or strained fruits, gradually increased to 2 or 3 tablespoons in four feedings.
- 1 teaspoon Pureed or strained vegetables, gradually increased to 2 or 3 tablespoons in four feedings
- 3 to 9 tablespoons cereal in 2 or 3 feedings

Baby Solid Food Guide **Age: 8 to 10 months**

- Breast milk or formula, PLUS
- Small amounts of Soft Pasteurized Cheese, Cottage Cheese, And Unsweetened Yogurt
- Mashed vegetables (Cooked Carrots, Squash, Potatoes, Sweet Potatoes)
- Mashed fruits (Bananas, Peaches, Pears, Avocados)
- Finger foods (O-shaped Cereal, Small Bits of Scrambled Eggs, Well-cooked Pieces of Potato, Well-cooked Spiral Pasta, Teething Crackers, Small Pieces of Bagel)
- Protein (Small Bits of Meat, Poultry, Boneless Fish, Tofu, Well-cooked Beans, Like Lentils, Split Peas, Pintos, Or Black Beans)
- Iron-fortified cereal (Barley, Wheat, Oats, Mixed Cereals)

- 1/4 to 1/3 cup dairy (or 1/2 ounce cheese)
- 1/4 to 1/2 cup iron-fortified cereal
- 3/4 to 1 cup fruit
- 3/4 to 1 cup vegetables
- 3 to 4 tablespoons protein-rich food

Baby Solid Food Guide **Age: 10 to 12 months**

- Breast milk or formula PLUS (again you can continue it even after 12 months)
- Soft Pasteurized Cheese, Yogurt, Cottage Cheese
- Fruit mashed or cut into cubes or strips
- Bite-size, soft-cooked vegetables (Peas, Carrots)
- Combo foods (Macaroni and cheese, Casseroles)
- Protein (Small Bits Of Meat, Poultry, Boneless Fish, Tofu, And Well-cooked Beans)
- Finger foods (O-shaped Cereal, Small Bits Of Scrambled Eggs, Well-cooked Pieces Of Potato, Well-cooked Spiral Pasta, Teething Crackers, Small Pieces Of Bagel)
- Iron-fortified cereals (Barley, Wheat, Oats, Mixed Cereals)

- 1/3 cup dairy (or 1/2 ounce cheese)
- 1/4 to 1/2 cup iron-fortified cereal
- 3/4 to 1 cup fruit / 3/4 to 1 cup vegetables
- 1/8 to 1/4 cup combo foods
- 3 to 4 tablespoons protein-rich food