



Helping families eat well and be active

## Appropriate Servings for Babies Age 6-12 Months

A baby's eating habits will start to change between 6 to 12 months of age. Breast milk and iron-fortified formula will be the main sources of energy and nutrients for your child. A nutrient is something that helps your child's body grow and stay healthy.

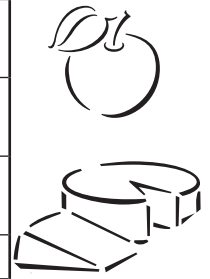
Parents can introduce new types of food in this age range, such as pureed vegetables and rice cereal. This will help your baby grow.

By 12 months of age, babies will be able to eat most of the foods served at family meals. Refer to the Healthy Me Introducing solid foods handout for tips on how to introduce new foods.

Use the chart below to determine how much of each food group a baby needs per day:

### 6–8 Months

<b>Dairy</b>	Breast milk or formula	On demand 3–5 times/day	6–8 ounces
<b>Grain</b>	Baby cereal (iron-fortified)	2 times per day	2–3 tablespoons
	Bread or crackers	2 times per week	¼ slice of bread or 2 crackers
<b>Fruit</b>	Fruit	2 times per day	2–3 tablespoons
<b>Vegetable</b>	Vegetable	2 times per day	2–3 tablespoons
<b>Meat</b>	Chicken, beef or pork	1 time per day	1–2 tablespoons



### 8–12 Months

<b>Dairy</b>	Breast milk or formula	On demand 3–4 times per day	6-8 ounces
	Cheese	1-2 times per week	½ ounce
	Plain yogurt	1-2 times per week	½ cup
	Cottage cheese	1-2 times per week	¼ cup
<b>Grain</b>	Baby cereal (iron-fortified)	2-3 times per day	2–4 tablespoons
	Bread or crackers	1-2 times per day	¼ slice of bread or 2 crackers
<b>Fruit</b>	Fruit	2 times per day	3–4 tablespoons
<b>Vegetable</b>	Vegetables (fresh or cooked)	2 times per day	3–4 tablespoons
<b>Meat</b>	Chicken, beef or pork	2 times per day	3–4 tablespoons
	Dried beans	2-3 times per week	3–4 tablespoons
	Egg yolk	2-3 times per week	1 yolk

