



Infant Feeding: 6-8 months

For the first year of a baby's life, breast milk or formula should be the main source of their nutrition. Around 6-8 months of age, a baby may be ready to try a wider variety of table foods.

This handout will help you know what to expect from your baby, but keep in mind every child grows and changes at their own pace.

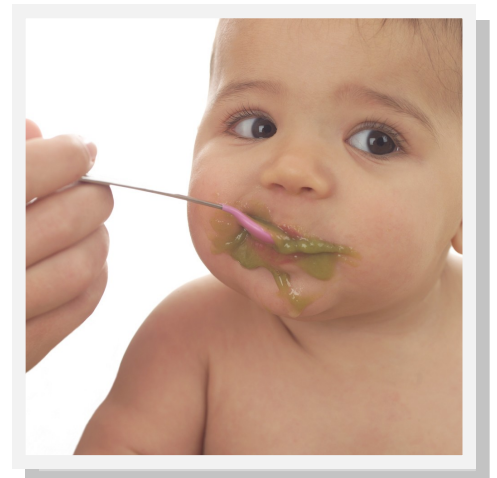
What are my baby's feeding behaviors?

Around 6-8 months, your baby should be able to:

- Drink a little less breast milk or formula and eat a little more table food
- Handle thicker cereals or purees without gagging

What do I feed my baby?

- Breast milk or formula, PLUS
- Thicker iron-fortified cereals like rice, barley, or oat cereal
- Thicker pureed or strained fruits like bananas, pears, applesauce or peaches
- Thicker pureed or strained vegetables like avocado, well-cooked carrots, squash, or sweet potatoes
- Pureed meats
- Infant puffed cereal



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Feeding tips

- Continue to offer new foods one week apart, so you can tell if your baby is sensitive or allergic to that food.
- Let your baby play with food on the high chair tray, messy is OK!
- Let your baby practice drinking from a cup at bath time.

When should I get help?

- If your baby continually chokes or gags on thicker infant cereals or purees.
- If your baby continually refuses infant cereals or purees.

| Typical Feeding | | | |
|---------------------------------|--------------|------------------|----------------------|
| Food | Portion Size | Feedings per Day | Total Amount per Day |
| Breast milk or infant formula | 6-8 ounces | 3-5 | 24-32 ounces |
| Infant cereal | 2-4 Tbsp | 2 | 3-9 Tbsp |
| Infant puffed cereal or similar | 2 Tbsp | 1 | 2 Tbsp |
| Juice | 0-3 ounces | No more than 1 | 0-3 ounces |
| Fruits or vegetables | 2-3 Tbsp | 1-2 | ¼ -½ cup each |
| Pureed meats | 2 Tbsp | 1 | 2 Tbsp |