

## 6-8 Months

### Cereals

- **Offer infant cereal from a spoon.** You can make the cereal thicker as your baby gets used to it. In a few weeks, your baby will probably eat 1-4 tablespoons once or twice a day. By 8 months, your baby will probably eat 4-8 tablespoons twice a day.

### Vegetables

- **Start with plain, cooked vegetables.** Try cooked, mashed carrots, spinach, squash, peas or green beans. Try one new vegetable at a time to make sure it agrees with your baby. Offer mixed vegetables when your baby is older.
- **2-4 tablespoons twice a day is the amount your baby will usually eat.**

### Fruits

- **Offer plain fruits.** Give your baby cooked, mashed peaches, pears or apricots; mashed bananas; or applesauce. Fruit “desserts” or fruits with added sugar have too much sugar and not enough fruit.
- **Try one new fruit at a time to make sure it agrees with your baby.**
- **2-4 tablespoons twice a day is the amount your baby will usually eat.**

### Meats

- **Offer plain, strained or pureed single meats.** Some babies will accept meat better if it is mixed with plain vegetables.
- **One-half to 1½ tablespoons twice a day is the amount your baby will usually eat.**



## Helpful Hints

- **Let your baby decide how much breastmilk, formula or food is enough!** Your baby will eat more when he or she is growing fast.
- **Hold your baby while feeding, and then put your baby to bed.** Don't put your baby to bed with a bottle.
- **Wait at least 5 days between new foods.** If a new food does not agree with your baby and causes stomachache, diarrhea, skin rash, or other reaction, wait a month and offer it again. Your baby will be able to digest food better as he or she grows older.
- **Listen for the lid to “pop” when you open new jars of baby food.** If it doesn't “pop”, it could be spoiled. Throw it out or take it back to the store.
- **Always use a dish.** Don't feed your baby right out of the jar. Saliva will make the food spoil faster. Throw out food left in the dish at the end of a meal. Use refrigerated baby food within 2 days.
- **Your baby's tastes are different than yours.** Your baby's food does not need salt, sugar, butter, margarine, gravy or seasoning. The only seasoning your baby needs is love!
- **Your baby may be ready to feed themselves with their hands and try some finger foods.** These foods should be small and soft, like cooked macaroni or noodles; soft, cooked vegetables; or soft, ripe, peeled fruit.



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