



Family Meals



BABY NEWS

Date: _____

My Name: _____

Today's weight: _____ length: _____

After today's visit, my goal will be...

Offering Foods the Family Is Eating

- Eating together makes mealtime family time.
- Offer your baby mashed or finely chopped foods the family is eating.
- Include a variety of new foods. Then, let your baby decide how much to eat.
- Getting used to new foods takes time. It may take up to 10 tries before your baby likes a new food.
- Let your baby try to feed himself. He is learning a new skill and needs the practice.
- Meat can be harder and take more time to chew, watch to make sure baby does not choke.

FOODS TO OFFER BABY EACH DAY (8-12 MONTHS)

Breast milk or Formula

Breast milk: 3-4 feedings
Formula: 24-32 ounces

Vegetables and Fruits

(3-4 Tablespoons)
Cooked and pureed, mashed, or chopped

Grain Products

(4-6 Tablespoons)
Infant cereal (with iron)
Toast, crackers, or dry breakfast cereals

Protein-Rich Foods

(1-3 Tablespoons)
Pureed or chopped cooked lean meat, poultry, fish, egg yolk, cheese, yogurt or mashed legumes

OFFER 3 MEALS AND 3 SNACKS EACH DAY

AM Meal

Breast milk*
Infant/Dry cereal

AM Snack

Soft fruit
Yogurt

Lunch Meal

Breast milk
Cooked vegetable
Cooked potato
Mashed legumes

PM Snack

Crackers
Small pieces of cheese

Dinner

Breast milk
Green beans
Chopped meat
Soft fruit
Bread

PM Snack

Breast milk
Infant/Dry cereal

* or infant formula

Your baby learns from watching you eat. If you make healthy choices your baby will too.