










# Solid Foods for Your Baby

6-7 Months	7-8 Months	7-9 Months	10-12 Months
Cereal, Fruits & Vegetables Cup Practice 5-7 Breastfeeds or 27-50 oz. formula per day  (Purchase 2-3 cans of formula)	Meat, Cheese, & Egg Yolk 5-7 Breastfeeds or 30-45 oz. formula per day  (Purchase 2-3 cans of formula) 	Finger Foods, Cup Use 5-7 Breastfeeds or 24-34 oz. formula per day  (Purchase 0-1 cans of formula) 	Family Food at the Table Eliminate Jarred Food Avoid Sipper Cups. Move to WIC Type Cup  4+ Breastfeeds or 24-30 oz. formula per day (No Formula purchase)
Early Morning	Early Morning	Early Morning	Early Morning
Breast or bottle feeding	Breast or bottle feeding	Breast or bottle feeding	Breast or bottle feeding
Breakfast (8:00-10:00)	Breakfast (8:00-10:00)	Breakfast (8:00-10:00)	Breakfast (8:00-10:00)
1-4 tablespoons infant cereal 1-3 oz. non-citrus juice in a WIC type cup	6-8 tablespoons infant cereal 1-3 oz. non-citrus juice in a WIC type cup 	6-10 tablespoons infant cereal 1-3 oz. non-citrus juice in a WIC type cup	6-12 tablespoons infant cereal 1-3 oz. non-citrus juice in a WIC type cup Sliced banana
Lunch (11:00-1:00)	Lunch (11:00-1:00)	Lunch (11:00-1:00)	Lunch (11:00-1:00)
1-8 tablespoons pureed or smooth fruit or vegetable. Either jarred or blended banana, squash, peas, carrots, peaches, unsweetened applesauce, sweet potatoes, etc.  Breast or bottle feeding	1-8 tablespoons fruit or vegetable. 1-2 tablespoons jarred or blended chicken, beef or fish (you may need to add water or cottage cheese for texture). 	1-12 tablespoons mashed, peeled or sliced foods: - soft chicken, beef, or fish - pieces of fruit or vegetable (carrot slices cooked, banana slices, apple chunks, peas) Macaroni, toast squares or crackers or Mixed dinners from a jar	Bites of your lunch food. ½ piece of bread and bites of meat and slice of cheese and fruit chunks and whole milk from a WIC type cup 
Midafternoon (2:00-4:00)	Midafternoon (2:00-4:00)	Midafternoon (2:00-4:00)	Midafternoon (2:00-4:00)
Breast or bottle feeding	Breast or bottle feeding	WIC boxed cereal, cheese, fruit, or vegetable chunks as finger food	Macaroni as finger food, yogurt, or cottage cheese with a spoon, fruit, or vegetable hunks
Dinner (5:00-7:00)	Dinner (5:00-7:00)	Dinner (5:00-7:00)	Dinner (5:00-7:00)
1-4 tablespoons infant cereal. 1-8 tablespoons pureed fruits or vegetables.  Breast or bottle feeding	Dinner can be the same as lunch  	Dinner can be the same as lunch 	Bites of your dinner food. ½ piece of bread and bites of meat and vegetable hunks whole milk from a WIC type cup
Bedtime	Bedtime	Bedtime	Bedtime
Breast or bottle feeding	Breast or bottle feeding	Breast or bottle feeding	Breast or bottle feeding

**\*\*ONLY** water bottles in the crib. Most breastfed babies will wake to feed for the first year.

**WIC recommends bottle weaning between 10 and 14 months.**

**Call (406) 457-8912 for more information.**

