What to Feed Your Baby: Sample Meals for Baby in the First Year

This resource provides sample meals for baby in the first year. Use this resource as a guide only. Let your baby decide how much to eat.

Feeding Your Baby: 0-6 months old

Babies do not need solid foods until they are 6 months of age. Before 6 months, breast milk alone is best for your baby. If you are unable, or choose not to breastfeed, offer your baby iron-fortified infant formula.

All infants need 400 IU of vitamin D each day.

- Exclusively breastfed babies should have 1 mL (400 IU) of vitamin D from a supplement every day.
- Infants who are partially breastfed, or who drink less than 500 mL (2 cups) of formula each day should have 1 mL (400 IU) of vitamin D from a supplement every day.
- Babies who drink 500-1000 mL (2-4 cups) of formula per day should be supplemented with ½ mL (200 IU) of vitamin D per day.
- Formula fed babies who drink more than 1000 mL (4 cups) of formula each day do not need a vitamin D supplement.

Steps You Can Take

For babies 6 months of age or more:

- Offer one new food at a time. Start with small servings and slowly increase the amounts. Serving sizes suggested here are guidelines only.
- Your baby is the best judge of how much food she needs. She can show you when she's hungry by opening her mouth for the spoon, and may get upset if you take the food away. When she is full she may shut her mouth, turn her head, or push food away. It's important to pay attention to these signs. Do not force your baby to eat.
- Sometimes caregivers worry that their baby is not getting enough

This information is not meant to replace advice from your medical doctor or individual counseling with a registered dietitian.
It is intended for educational and informational purposes only.

nutrition. Some babies eat a lot and others not so much. If you are offering breast milk or formula and a variety of solid foods, and your baby is happy and energetic most of the time, she is probably getting enough nutrition. Talk with a registered dietitian if you have questions about your baby's nutrition.

Sample Meals for Baby: 6-9 months old

Start by offering food 2-3 times a day and increase to 3-4 times a day. If your baby does not eat meat, aim for at least 120 mL (8 Tbsp) of iron fortified cereal by age 9 months.

Mealtimes	Sample Meals
Early morning	• Breast milk • Vitamin D drops
Breakfast	• Breast milk • 5-30 mL (1tsp-2 Tbsp) iron fortified infant cereal • 5-30 mL (1tsp-2 Tbsp) cooked egg • 5-30 mL (1 tsp-2 Tbsp) mashed fruit (banana, pears) • 5-30 mL (1 tsp-2 Tbsp) tofu
Snack	• Breast milk
Lunch	• Breast milk • 5 -30 mL (1 tsp-2 Tbsp) infant cereal • 5 -30 mL (1 tsp-2 Tbsp) mashed vegetable (yam, potato) • 5 -30 mL (1 tsp-2 Tbsp) minced chicken
Snack	• Breast milk
Dinner	• Breast milk • 5-30 mL (1 tsp-2 Tbsp) infant cereal • 5 -30 mL (1 tsp-2 Tbsp) mashed fruit (peaches, pears) • 5 -30 mL (1 tsp-2 Tbsp) minced meat
Bedtime snack	• Breast milk

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Sample Meals for Baby: 9-12 months old

Offer food 3-4 times per day.

If your baby does not eat meat, aim for at least 120 mL (8 Tbsp) of iron fortified cereal by age 9 months

Mealtimes	Sample Meals
Early morning	• Breast milk • Vitamin D drops
Breakfast	• 30-45 mL (2-3 Tbsp) infant cereal • 30 mL (2 Tbsp) plain yogurt • 30 mL (2 Tbsp) cooked egg • 30-60 mL (2-4 Tbsp) soft, cubed or diced vegetable or fruit (squash, plum) • Sip cup water • Breast milk after solids
Snack	• Strips of whole wheat toast • Grated apple • Breast milk after solids
Lunch	• 30-45 mL (2-3 Tbsp) infant cereal • 30-45 mL (2-3 Tbsp) cut up stew meat • 30-90 mL (2-6 Tbsp) soft cubed or diced vegetable and fruit (avocado, carrot) • Sip cup water • Breast milk after solids
Snack	• Small cheese cubes and whole grain cracker • Breast milk after solids
Dinner	• 30-45 mL (2-3 Tbsp) infant cereal • 30-34 mL (2-3 Tbsp) diced cooked chicken • 30-90 mL (2-6 Tbsp) soft, cubed or diced vegetable and fruit (green bean, cantaloupe)

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	• Sip cup water • Breast milk after solids
Bedtime snack	• Breast milk

Notes

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