



HAPPYBABY™

fresh frozen organic
baby meals

THINK OUTSIDE THE JAR™

WHAT IS BABY EATING NOW? TYPICAL DAILY DIET AT DIFFERENT AGES AND STAGES

The charts below show the typical diet for babies at different ages. The “Total Daily Intake” column shows how much of each food the baby is likely to eat during the course of the day. The “How many times per day” column explains during how many meals or feedings to include that food.

6 months old: Depending on when you started solid food, Baby may be eating one, two, or three solid meals per day at this age. All food is pureed and strained. Start slowly and work up to the approximate amounts given here. A typical serving size for a baby this age is 1 to 2 tablespoons of a food. Remember, though, that all babies are different and some will take more, while others will take less.

FOOD	TOTAL DAILY INTAKE OF EACH FOOD	HOW MANY TIMES PER DAY TO SERVE EACH FOOD
Breastmilk or Formula	30–32 ounces	4–5 feedings
Cereal	4 tablespoons	2 meals
Fruits	4 tablespoons	2–3 meals
Vegetables	4 tablespoons	2–3 meals

7–9 months old: Now Baby is ready for more variety and different textures. You can also add protein-rich foods like finely ground or pureed meats and poultry, mashed beans, mashed tofu, and plain whole milk yogurt. A typical serving size for a baby this age is 2 to 4 tablespoons of a food.

FOOD	TOTAL DAILY INTAKE OF EACH FOOD	HOW MANY TIMES PER DAY TO SERVE EACH FOOD
Breastmilk or Formula	24–30 ounces	3–5 feedings
Cereal	4–6 tablespoons	2 meals
Fruits	4–8 tablespoons	2–3 meals
Fruit Juice (optional)	3 ounces	1 serving
Vegetables	4–8 tablespoons	2–3 meals
Protein foods	1–2 tablespoons	1 meal

8–12 months old: When Baby can sit up without help, you can start giving her finger foods so she can learn to feed herself. Finger foods may be soft cooked vegetables cut into bite-sized pieces or other foods that are soft and do not require any chewing. As teeth begin to come in, you can give foods with more texture, including soft chopped meats, well-cooked vegetables, pasta, and pieces of soft fruit. A typical serving for a baby this age is 2 to 4 tablespoons of a mashed or chopped food. By age 1 Baby should be eating 3 meals per day, and possibly one snack. It’s also best to serve Baby her meals with other members of the family present, so she gets accustomed to the social aspects of mealtime.

FOOD	TOTAL DAILY INTAKE OF EACH FOOD	HOW MANY TIMES PER DAY TO SERVE EACH FOOD
Breastmilk or Formula	24 ounces	3–4 feedings
Cereal or other starch	4–8 tablespoons	2 meals
Fruits	4–8 tablespoons	2 meals
Fruit Juice (optional)	4 ounces	1 serving
Vegetables	4–8 tablespoons	2 meals
Protein foods	4–6 tablespoons	2 meals

25 Washington St., Suite 601
Brooklyn, New York 11201

718.852.7606 phone
310.359.0216 fax

www.happybabyfood.com