

Sample Meal Plans for Feeding Your Baby when Breast or Formula Feeding

By about six months your baby is ready for solid foods. This factsheet will provide you with some meal ideas for your baby. Use these sample meal plans for babies 6-9 months old and 9-12 months old to help you feed your baby.

Remember, every baby is different. The amount that your baby eats can change from day to day. Use the sample meals below as general guidelines only. Start off with a small amount of food such as a 1 teaspoon and follow your babies hunger cues and appetite. Trust your baby to let you know when she is hungry or full.



Steps you can take

Sample Meals for Baby: 6-9 months old

Meal Times	Sample Meals
Early Morning	Breastmilk or infant formula Vitamin D drops
Breakfast	Breastmilk or infant formula Iron-fortified infant cereal mixed with breastmilk, formula or water Mashed fruit like banana or pears
Snack	Breastmilk or infant formula
Lunch	Breastmilk or infant formula Iron-fortified infant cereal mixed with breastmilk, formula or water Cooked mashed vegetables like sweet potato, squash or carrots Cooked ground beef, chicken or pork, fish* or silken

	(soft) tofu or hard boiled chopped egg Strips of whole wheat toast
Snack	Breastmilk or infant formula
Dinner	Breastmilk or infant formula Iron-fortified infant cereal mixed with breastmilk, formula or water Soft cooked vegetables like chopped green beans or broccoli Soft cooked minced chicken or turkey or mashed legumes like beans, lentils or peas Fruit like unsweetened applesauce, mashed banana or pureed melon mixed with plain yogurt (3.25% M.F. or higher)
Bedtime Snack	Breastmilk or infant formula

*Children under the age of one should eat less than 40 grams (about 1.5 oz) of frozen or fresh tuna, shark, swordfish, marlin, orange roughy and escolar per month and 40 grams of canned white (albacore) tuna per week. These fish are high in mercury.

For more information on introducing solids, feeding cues and signs of readiness see our handout in additional resources below.

Sample Meals for Baby: 9-12 months old

Mealtimes	Sample Meals
Early Morning	Breastmilk or iron-fortified formula Vitamin D drops
Breakfast	Iron-fortified infant cereal mixed with breastmilk, formula, 3.25% homogenized whole milk or water Full-fat plain yogurt, unsalted cottage cheese or grated cheese Hard boiled chopped egg Soft fruit like chopped banana, avocado, peach,

	seedless watermelon, cantaloupe, papaya, plum or kiwi Water given in a regular cup Breastmilk or infant formula
Morning Snack	Strips of whole-grain toast or roti Grated apple or chopped strawberries Breastmilk or infant formula
Lunch	Iron-fortified infant cereal mixed with breastmilk, formula, 3.25% homogenized whole milk or water Soft cooked chopped or minced meat like lamb, pork or veal Soft cooked whole wheat pasta, rice or chopped pieces of Matzo ball Soft cooked pieces of vegetables like broccoli, zucchini or beans Breastmilk, infant formula or 3.25% homogenized whole milk
Afternoon Snack	Shredded or small cubes of cheese like full-fat mozzarella, Swiss or cheddar with pieces of unsalted whole grain cracker or toast Breastmilk or infant formula
Dinner	Iron-fortified infant cereal mixed with breastmilk, formula, 3.25% homogenized whole milk or water Cooked or canned fish**, pieces of firm tofu or soft cooked chopped chicken Soft cooked cut up vegetables like cooked green beans, okra, cauliflower, or carrots Soft fruit like chopped banana, ripe peach or mango or quartered grapes Breastmilk or infant formula
Bedtime Snack	Small pieces of whole grain toast, bread, crackers or unsweetened dried O-shaped cereal Breastmilk or infant formula

**Children under the age of one should eat less than 40 grams (about 1.5 oz) of canned white (albacore) tuna, frozen or fresh tuna, shark, swordfish, marlin, orange roughy and escolar per month. These fish are

high in mercury.

For more information on introducing solids, feeding cues and signs of readiness see our handout in additional resources below.



Additional Resources

- | Meeting Your Baby's Iron Needs when Breast and Formula Feeding
https://www.pennutrition.com/contentmanager/tool_webpreview.aspx?contentid=17938
- | Feeding Your Baby Solid Foods when Breast and Formula Feeding
<https://www.pennutrition.com/viewhandout.aspx?Portal=UbY=&id=JMPmXwY=&PreviewHandout=bA==>

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Notes

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