

Sample Menu for 8 months

Sample Menu for 9 months

Early Morning	<ul style="list-style-type: none"> • Give feeding as needed
Breakfast	<ul style="list-style-type: none"> • Breast milk or 6-8 oz. (175-250 ml) formula • 2 oz. (60ml) unsweetened fruit juice (offer in a cup) • 4-6 tbsp. (60-100ml) infant cereal
Lunch	<ul style="list-style-type: none"> • Breast milk or 6-8 oz. (175-250 ml) formula • 2-4 tbsp. (30-60 ml) strained meat or alternatives* • 2-4 tbsp. (30-60 ml) mashed vegetable • 2-4 tbsp. (30-60 ml) mashed fruit
Afternoon	<ul style="list-style-type: none"> • Breast milk or 6-8 oz. (175-250 ml) formula
Supper	<ul style="list-style-type: none"> • 4-6 tbsp. (60-100ml) infant cereal • 2-4 tbsp. (30-60 ml) mashed vegetable or fruit
Evening	<ul style="list-style-type: none"> • Breast milk or 6-8 oz. (175-250 ml) formula

Tips

- No whole egg or egg white until 12 months.
- Hard boil the egg, and separate the white from the yolk.
- Mash yolk with a fork and add water to moisten.
- Omega-3 eggs contain essential fatty acids which are necessary for eye and brain development.

**Meat alternatives are dried beans, peas and lentils, tofu or egg yolk.*

Early Morning	<ul style="list-style-type: none"> • Give feeding as needed
Breakfast	<ul style="list-style-type: none"> • Breast milk or 6-8 oz. (175-250 ml) formula • 4 oz. (120ml) unsweetened fruit juice (offer in a cup) • 4-6 tbsp. (60-100ml) infant cereal
Lunch	<ul style="list-style-type: none"> • Breast milk or 6-8 oz. (175-250 ml) formula • 2-4 tbsp. (30-60 ml) meat or alternatives • 2-4 tbsp. (30-60 ml) vegetable • 2-4 tbsp. (30-60 ml) fruit
Afternoon	<ul style="list-style-type: none"> • Breast milk or 6-8 oz. (175-250 ml) formula
Supper	<ul style="list-style-type: none"> • 4-6 tbsp. (60-100 ml) infant cereal or 2-4 tbsp. (30-60ml) meat or alternatives • 2-4 tbsp. (30-60ml) vegetable • 2-4 tbsp. (30-60ml) fruit
Evening	<ul style="list-style-type: none"> • Breast milk or 6-8 oz. (175-250 ml) formula

Mashed or finely minced texture is recommended.

Mashed, chopped or ground texture is recommended.