

## 6-8 Month Feeding Handout

When Your Baby Can...	Your Baby Is Ready For You To...	Good Foods To Offer...
<ul style="list-style-type: none"> <li>• Sit without support.</li> <li>• Pick up food with fingers.</li> <li>• Close mouth over rim of cup.</li> <li>• Drink from a cup with some help.</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare thicker, lumpier food.</li> <li>• Offer 2-3 meals per day.</li> <li>• Teach infant to drink from a cup.</li> <li>• Provide breastmilk and/or formula until one year of age.</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>GRAINS AND CEREALS</b> <ul style="list-style-type: none"> <li>• Infant cereal or small finger foods, like dry cereal.</li> </ul> </li> <li>➤ <b>VEGETABLES AND FRUIT</b> <ul style="list-style-type: none"> <li>• Chopped, minced, grated, or diced.</li> <li>• Fruits: stewed, canned, or raw.</li> <li>• Vegetables: cooked.</li> </ul> </li> <li>➤ <b>MEAT AND ALTERNATIVES</b> <ul style="list-style-type: none"> <li>• Chopped, minced, grated, or cut-up.</li> <li>• Examples include:                             <ul style="list-style-type: none"> <li>– Beef, chicken, turkey, lamb, pork</li> <li>– Tofu</li> <li>– Well-cooked legumes, such as beans, lentils, and chickpeas</li> <li>– Fish: white fish (haddock, halibut, sole, cod), salmon, and canned light tuna</li> <li>– Shellfish</li> <li>– Cooked eggs</li> <li>– <b>Peanut butter (single ingredient, no added sugar or salt)*</b></li> </ul> </li> </ul> </li> </ul>

- As your baby begins to eat more solid foods, less breast milk or formula will be needed. Breastfeeding 4-6 times a day or formula intake of 20 – 32 ounces daily is normal.
- **\*If a sibling or parent is allergic to peanuts or tree nuts, or if your infant has had any previous food allergies or suffers from atopic dermatitis/eczema (severe dry skin), please discuss with your pediatric provider before starting these foods.**
- Fluoride drops may be recommended for infants exclusively breastfed beyond 6 months (if not drinking tap water) and for infants whose formula is made with well water or non-fluoridated bottled water.

Some of the material used in this handout is from Loving Care, published by the Nova Scotia Health Department. See [novascotia.ca/dhw/lovingcare/](http://novascotia.ca/dhw/lovingcare/).