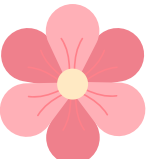


What to Feed Your Infant

6 month old:
First 6-8 Weeks



Goals: Introduce single foods
1-2x/day when baby
is NOT hungry
30-60 minutes after receiving
milk



What to Feed Your Infant

6 month old:
First 6-8 Weeks

Example:

Monday (vegetable): Introduce cooked carrots.

Family Meal- stir fry

Tuesday (fruit): Introduce mango

Family Meal- salmon tacos with mango salsa

Wednesday (protein): Introduce ground beef

Family Meal- meatloaf, sweet potato fries, and salad

Thursday (starch): Introduce potatoes Family

Meal- roast, carrots, and potatoes

Friday-Sunday: Repeat any of the foods above, introduce a potentially allergenic food, or introduce a new food at a different time of day when the rest of the family is home



What to Feed Your Infant

8 month old: Second 6-8 Weeks

Goals: *Continue introducing new foods

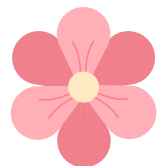
*Alternate from each food group

*Offer 2-3 different foods on baby's plate:

1 new food + 1-2 previously tried foods

Beginning: Baby is eating NOT hungry (after milk)

End: Baby is eating when hungry (before milk)



What to Feed Your Infant

8 month old:
Second 6-8 Weeks

Example

Monday (vegetable): Introduce peppers (serve with meat and/or rice if previously introduced)

Family Meal- stir fry

Tuesday (fruit): Introduce pineapple (serve with mangoes and/or salmon if previously introduced)

Family Meal- salmon tacos with mango & pineapple salsa

Wednesday (protein): Introduce ground turkey (serve with sweet potatoes if previously introduced)

Family Meal- turkey meatloaf, sweet potato fries, and salad.

Thursday (starch): Introduce pasta (serve with meat and/or broccoli if previously introduced)

Family Meal- spaghetti, garlic bread, and broccoli



What to Feed Your Infant

10 month old:
Third 6-8 Weeks

Goals: *Continue introducing new foods

*Alternate from each food group

*Offer food when baby IS hungry

*Food first then milk

*Potentially start decreasing milk intake

*Offer meals similar to that of the entire family- 1 starch, 1 protein, and 1 fruit/vegetable on baby's plate



What to Feed Your Infant

10 month old:
Third 6-8 Weeks

Example:

Monday (vegetable): Family Meal- stir fry

Add a new vegetable baby has not previously eaten
+ all other stir fry ingredients

Tuesday (fruit): Family Meal- salmon tacos with
mango & pineapple salsa

Add a new fruit to the salsa baby has not previously
eaten- kiwi or papaya + all other taco ingredients

Wednesday (protein): Family Meal- meatloaf, sweet
potato fries, and salad

Introduce a new ground meat for the meatloaf -
bison or lamb + all other ingredients

Thursday (starch): Family Meal- spaghetti, garlic
bread, and broccoli

Introduce a different kind of noodle or bread -
chickpea, lentil, sourdough + all other ingredients

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