

How much food a day for a 6 to 12 month old?

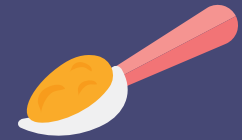


When they are showing signs they are ready, usually at around 6 months, you can start to introduce solid foods.



Their main source of food will still be breast milk or formula.

Start once a day with iron-rich baby cereal or pureed meat or tofu.



Texture is important. As your baby begins to take food from a spoon, move to thicker textures and soft lumps.



Allergy foods

You should start introducing common allergy foods from around 6 months. Try one type of food at a time, then wait a couple of days before trying another. Common allergy foods include cow's milk, eggs, nuts, wheat and seafood.

Remember: don't give your baby whole nuts as they are a choking hazard.

Daily needs

How much?

There is no exact amount to how much your baby should eat each day. Try different foods and let them guide you to when they are full.



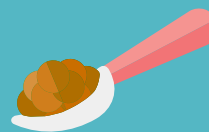
By 8 to 9 months, you can give solids at breakfast, lunch and dinner. As your baby gets older, move to thicker textures and soft lumps.



6 months



8 months



10 months



12 months

