

## Feeding Your Baby: Sample Meals for Babies 6 to 12 Months of Age

This resource provides examples of meals for babies who are 6 to 12 months old. Your baby may eat more or less than the amounts shown. Let your baby decide how much to eat, and never force your baby to eat.

Babies know when they are hungry and when they are full. Look for signs of hunger and fullness.

- A baby who is hungry may open her mouth for food and may get upset if you take the food away.
- A baby who is full may close her mouth, turn her head away, or push food away.

Sometimes people worry that their baby is not getting enough to eat. If you are offering breast milk, a variety of solid foods, and your baby is growing well, she is likely eating enough. Talk with a registered dietitian if you have questions about your baby's nutrition.



### Steps you can take

Babies do not need solid foods until they are about 6 months old. Before 6 months, your baby only needs breast milk and a vitamin D supplement.

For babies 6 months of age or older:

- Keep offering breast milk and a vitamin D supplement.
- Start with small servings such as 5-10 mL (1-2 tsp) and slowly increase the amounts based on your baby's hunger. At first, she may only eat 30-45 mL (2-3 Tbsp) of food all day.
- Examples of portions to offer your baby are:
  - 30-45 mL (2-3 tbsp) cooked vegetables, grains, meats or meat alternatives
  - 45-75 mL (3 -5 tbsp) soft fruit
  - ½ medium egg
  - 60-125 mL (¼ - ½ cup) prepared hot or cold cereal

- | 30 mL (2 tbsp) shredded cheese or yogurt
- | ½ of a piece of toast cut into strips
- | Let your baby decide how much to eat of the food you offer.

### Sample Meals for Baby: 6 to 9 months of age

By the time your baby is 9 months old, offer 2 to 3 meals and 1 to 2 snacks a day. As well as breast milk, offer:

<i>Mealtimes</i>	<i>Sample Meals</i>
Breakfast	<ul style="list-style-type: none"> <li>  iron fortified infant cereal</li> <li>  strawberries, mashed or cut-up</li> <li>  water in a cup</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>  chicken, minced or chickpeas, mashed</li> <li>  cooked sweet potato, mashed</li> <li>  water in a cup</li> </ul>
Snack	<ul style="list-style-type: none"> <li>  pear, mashed</li> </ul>
Dinner	<ul style="list-style-type: none"> <li>  ground beef or lentils</li> <li>  brown rice</li> <li>  cooked broccoli, mashed</li> <li>  water in a cup</li> </ul>

## Sample Meals for Baby: 9 to 12 months of age

By the time your baby is 12 months old, offer 3 meals and 1 to 2 snacks a day. As well as breast milk, offer:

<i>Mealtimes</i>	<i>Sample Meals</i>
Breakfast	<ul style="list-style-type: none"> <li>  iron fortified infant cereal</li> <li>  kiwi, chopped</li> <li>  water in a cup</li> </ul>
Snack	<ul style="list-style-type: none"> <li>  whole wheat toast with thinly spread peanut butter, cut into strips</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>  canned salmon, mashed</li> <li>  cooked carrot, chopped</li> <li>  avocado, chopped</li> <li>  yogurt</li> <li>  water in a cup</li> </ul>
Snack	<ul style="list-style-type: none"> <li>  whole grain crackers</li> </ul>
Dinner	<ul style="list-style-type: none"> <li>  chicken, chopped</li> <li>  brown rice</li> <li>  cooked green beans, chopped</li> <li>  cantaloupe, chopped</li> <li>  water in a cup</li> </ul>



## Additional Resources

HealthLinkBC File #69c Baby's First Foods  
[www.healthlinkbc.ca/healthfiles/hfile69c.stm](http://www.healthlinkbc.ca/healthfiles/hfile69c.stm)

Dietitian Services Fact Sheets available by mail (call 8-1-1) or at  
[www.healthlinkbc.ca/healthyeating](http://www.healthlinkbc.ca/healthyeating):

- | Finger Foods for Babies 6-12 months
- | Recipes for Your Baby (6-9 Months Old)
- | Recipes for Your Baby (9-12 Months Old)

*These resources are provided as sources of additional information believed to be reliable and accurate at the time of publication and should not be considered an endorsement of any information, service, product or company.*



## Notes

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Dietitian Services at HealthLinkBC (formerly Dial-A-Dietitian), providing free nutrition information and resources for BC residents and health professionals. Go to [www.healthlinkbc.ca/healthy-eating](http://www.healthlinkbc.ca/healthy-eating) or call 8-1-1 (anywhere in BC). Interpreters are available in over 130 languages.