

FEEDING SCHEDULE



**for baby's
1st year**

**0-4
MONTHS**



Only breast milk
or formula

**4-6
MONTHS**



Breast milk or formula

Pureed fruits and
vegetables

**6-8
MONTHS**

Same as above



Add pureed meats,
tofu, legumes, or cereals

**8-10
MONTHS**

Same as above



Add cheese, mashed fruits,
teething crackers and eggs

**10-12
MONTHS**

Same as above



Add soft-cooked
vegetables, combination
food, and finger foods

A Guide To Feeding Your Baby The First Year

Lauren Gardner



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