



7 – 9 months

Help Your Baby Learn Healthy Eating



Breast milk (or infant formula with iron if breast milk is not available) is still the best food for your baby. Never prop a bottle.

Sweet drinks are not good for your baby. Avoid water sweetened with sugar or honey, pop, sports drinks, sweet tea, and fruit drinks.

Babies do not need **any** juice.
Teach your baby to drink from a

small glass or open cup by giving small sips of breast milk, formula or water.

Baby food meats and vegetables usually have more nutrients per serving than fruits or cereals.

Within a few months of starting baby foods, offer a variety of foods every day and let your baby decide how much he will eat.

If your baby is mostly breastfeeding, baby food meat is a good source of iron and zinc.



7 – 9 months

Help Your Baby Learn Healthy Eating



Breast milk (or infant formula with iron if breast milk is not available) is still the best food for your baby. Never prop a bottle.

Sweet drinks are not good for your baby. Avoid water sweetened with sugar or honey, pop, sports drinks, sweet tea, and fruit drinks.

Babies do not need **any** juice.
Teach your baby to drink from a

small glass or open cup by giving small sips of breast milk, formula or water.

Baby food meats and vegetables usually have more nutrients per serving than fruits or cereals.

Within a few months of starting baby foods, offer a variety of foods every day and let your baby decide how much he will eat.

If your baby is mostly breastfeeding, baby food meat is a good source of iron and zinc.

If your baby gets formula from WIC, the amount of formula on the checks will go down as he gets older. At 6 months of age he will start getting baby food cereal, vegetables and fruit from WIC.

If you want to make your own baby foods, use a blender or food processor, or mash soft foods with a fork. Remember to wash everything (including your hands!) in hot soapy water before you begin. Store homemade baby foods in the freezer or refrigerator.

Sample Menu:

Breakfast:

2-4 tablespoons baby cereal
2-4 tablespoons baby or mashed fruit
6-8 oz breast milk/formula

Snack:

4-6 oz breast milk/formula

Lunch:

1-2 tablespoons baby food meat
2-3 tablespoons baby or mashed
cooked vegetable
6-8 oz breast milk/formula

Snack:

2-4 tablespoons baby cereal
2-4 tablespoons baby or mashed fruit

Dinner:

1-2 tablespoons mashed
canned beans
2-3 tablespoons mashed
potato
2-3 tablespoons baby or
mashed cooked vegetable
4-6 oz breast milk/formula

Before Bedtime:

6-8 oz breast milk/formula
(follow with water or clean
teeth afterwards)

If your baby gets formula from WIC, the amount of formula on the checks will go down as he gets older. At 6 months of age he will start getting baby food cereal, vegetables and fruit from WIC.

If you want to make your own baby foods, use a blender or food processor, or mash soft foods with a fork. Remember to wash everything (including your hands!) in hot soapy water before you begin. Store homemade baby foods in the freezer or refrigerator.

Sample Menu:

Breakfast:

2-4 tablespoons baby cereal
2-4 tablespoons baby or mashed fruit
6-8 oz breast milk/formula

Snack:

4-6 oz breast milk/formula

Lunch:

1-2 tablespoons baby food meat
2-3 tablespoons baby or mashed
cooked vegetable
6-8 oz breast milk/formula

Snack:

2-4 tablespoons baby cereal
2-4 tablespoons baby or mashed fruit

Dinner:

1-2 tablespoons mashed
canned beans
2-3 tablespoons mashed
potato
2-3 tablespoons baby or
mashed cooked vegetable
4-6 oz breast milk/formula

Before Bedtime:

6-8 oz breast milk/formula
(follow with water or clean
teeth afterwards)