

**NEEDHAM PEDIATRICS
DR. STERN**

FEEDING ADVICE FOR 6-9 MONTHS OF AGE

NEW FOODS: Meat may be introduced. Start with lamb, veal, beef, liver, chicken or turkey. One to three teaspoons of strained or pureed meat may be advanced to 4 tablespoons per day. Again, let the infant get used to one meat for 3-4 days before introducing another. Egg yolks may be given as this is also a good source of protein. Do not introduce egg whites until the child is at least a year of age.

FEEDING CHANGES: Encourage the use of a cup by 8 months of age. Breast milk or formula intake may be 16-32 ounces per day. Vegetables up to 4-6 tablespoons twice a day. Fruit up to 6 tablespoons per day. Cereal 3-6 tablespoons twice a day.

NEW TEXTURES: Teething biscuits and crackers may be introduced. You may also begin to mash or chop most table foods for the infant. Avoid foods with added salt or sugar

NEW FOOD/DRINK: Juice may be added in small quantities (no more than 4-6 ounces per day.) Always mix with water (25% juice; 75% water) Give juice in a cup only. Juice is not essential.

SAMPLE 8 MONTH MEAL SCHEDULE

BREAKFAST: Cereal 5 tablespoons, egg yolk 2-3 per week (mixed with cereal or formula) breast milk/formula 6 ounces.
LUNCH: Vegetable (pureed or mashed) 4 tablespoons, pureed meat 4 tablespoons, breast milk/formula 6 ounces
DINNER: Cereal 5 tablespoons, vegetable 4 tablespoons, fruit 6 tablespoons, breast milk/formula 6 ounces.
BEDTIME: Breast milk/formula 6 ounces