

## Sample menu ideas for an 8- to 12-month-old baby:

1 cup = 8 ounces = 240 ml

3/4 cup = 6 ounces = 180 ml

1/2 cup = 4 ounces = 120 ml

1/4 cup = 2 ounces = 60 ml

### Breakfast

2 to 4 ounces cereal, or 1 mashed or scrambled egg

2 to 4 ounces mashed or diced fruit

Breastmilk or 4 to 6 ounces formula

### Snack

Breastmilk or 4 to 6 ounces formula

2 to 4 ounces diced cheese or cooked pureed or diced vegetables

### Lunch

2 to 4 ounces yogurt or cottage cheese, or pureed or diced beans or meat

2 to 4 ounces cooked pureed or diced yellow or orange vegetables

Breastmilk or 4 to 6 ounces formula

### Snack

1 whole grain cracker or teething biscuit

2 to 4 ounces yogurt or fork-mashed or diced soft fruit

2 to 4 ounces water

### Dinner

2 to 4 ounces diced poultry, meat, or tofu

2 to 4 ounces cooked green vegetables

2 to 4 ounces cooked soft-whole grain pasta or potato

2 to 4 ounces diced or mashed fruit

Breastmilk or 4 to 6 ounces formula

### Before bedtime

Breastmilk or 6 to 8 ounces formula, or water. (If breastmilk or formula, follow with water or **brush teeth** afterward).