Infant feeding guidelines: 4 to 8 months

Breast and formula feeding is complete nutrition for the first 4 to 6 months. Typically, there is not a reason to introduce cereal and other solid foods earlier. When you do begin introducing new foods, do so slowly. As a guideline, most children 4 to 6 months old will take 24 to 40 ounces of formula per day. Most 6- to 8-month-olds will take 16 to 36 ounces a day.

When you begin with food, we suggest you begin with rice cereal mixed with either breast milk or formula. Initially start with about 1 tablespoon one to two times a day. Some infants like it mixed thick, others prefer it thinner. Most infants will later take two to four tablespoons per serving. You still can offer breast milk or formula at the same feeding time.

Once your infant is doing well with cereal you can add other “first” foods. Remember to add only one new food at a time and wait three to five days before trying the next new food. We suggest introducing vegetables first and adding fruits later. After rice cereal, you can try oatmeal and mixed cereals.

By 6 to 7 months, most infants can eat solid foods about twice a day. At one meal you can offer cereal plus a vegetable and at the other meal cereal plus a fruit. You can also now move to the second stage of foods, but remember to read the labels carefully. Avoid giving your infant foods with additives such as sugar, milk or spices. Making your own baby food also is acceptable. For variety, you occasionally can offer apple or white grape juice, but we discourage giving juice on a regular basis.

Meats can be added at around 8 to 9 months, and you can offer solid foods up to three meals a day. Dry cereals (such as Cheerios®) and bits of crackers can be offered when your child can sit up independently.

For additional information, visit the Gerber website, gerber.com.