

## Baby Growth Food Chart

Age	Type of Food	Examples of Foods	Feeding Guidelines
0–6 M	Breast Milk/ Formula	Breast milk, formula	Feed on demand, no solids
4–6 M	First Solid (Optional)	Cereal, mashed veg/fruits	Start purees; watch for allergies
6–8 M	Expanding Solids	Fruits, veggies, cereals	2–3 meals/day, thicker textures
8–10 M	Finger Foods	Soft fruits, cooked veggies	3 meals + snacks; self-feed
10–12 M	Family Foods	Soft veggies, grains, eggs	3 meals + snacks; whole milk
12–18 M	Family Meals	Family foods, fruits, lentils	3 meals + snacks; balanced
18–24 M	Independent Eating	Family meals, soft snacks	Avoid choking hazards
2–3 Y	Balanced Meals	Family meals, fruits, proteins	3 meals + snacks, variety