

Starting Soft Solids

As your son/daughter gets older, you can try adding new foods into his/her diet, like soft solids. Soft solids are foods that are easy to chew and have a consistent texture. Bananas, baked sweet potatoes and meat from soup, for example, are soft solids.

The amount of food your son/daughter needs depends on age. The charts below will help you figure out how much food you should feed your son/daughter based on age. These charts provide general guidance, but all kids are a little different. When feeding your son/daughter, it's best to follow his/her hunger cues, or signs and behaviors that he/she is still hungry or getting full.

AGE 8-12 MONTHS

Food	Serving size	Servings per day
Breast milk or infant formula	6-8 ounces (oz.)	3-4 servings
Dairy <i>Examples: Whole-milk yogurt, sliced or shredded cheese</i>	½ cup of yogurt ½ oz of cheese (1/2 slice)	1 serving
Grains <i>Examples: Infant cereal, bread, pasta, pancakes, muffins</i>	2-4 tablespoons (tbsp.) of infant cereal ½ slice of bread ¼ cup of cooked pasta	2 servings
Fruits <i>Examples: Diced soft fruits, like bananas, mandarin oranges or canned pears</i>	¼ cup of soft fruit	2 servings
Vegetables <i>Examples: cooked carrots, avocado slices, or sweet potato</i>	¼ cup of soft vegetable	2 servings
Protein <i>Examples: Meatballs, meat from soup, beans, tofu, soft-cooked fish, scrambled eggs</i>	¼ cup of cooked meat, beans, tofu or fish ¼ of 1 egg	2 servings

AGE 12-24 MONTHS

Food	Serving size	Servings per day
Breast milk, whole milk, or toddler formula	4 ounces (oz.)	6 servings
Other Dairy <i>Examples: Whole-milk yogurt, whole milk, sliced or shredded cheese</i>	4 ounces (oz.) of yogurt ½ oz of cheese (1/2 slice)	1-2 servings
Grains <i>Examples: Bread, pasta, rice, cereal</i>	½ slice of bread ½ cup of cereal ¼ cup of cooked pasta, rice or cereal	6 servings
Fruits <i>Examples: Diced peaches, banana, applesauce</i>	½ of 1 apple ½ of 1 banana ½ cup of diced fruit ½ cup of applesauce	2 servings
Vegetables <i>Examples: Cooked carrots, baked sweet potato cut into strips, peas</i>	½ cup of cooked vegetables	2 servings
Protein <i>Examples: Eggs, meat, beans, tofu, nut butter</i>	1 egg 1 ounce (oz.) of meat ¼ cup of beans or legumes 1 tablespoon (tbsp.) of nut butter	2 servings

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Down Syndrome Program

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For more information please call

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