

Starting Thicker Purees

As your son/daughter gets older, you can try adding new foods into his/her diet, like thicker purees. Thicker purees are smooth and thick enough to stay on the spoon. Stage II baby foods and hummus, for example, are thicker purees.

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 6-8 MONTHS

Food	Serving size	Servings per day
Breast milk or infant formula	6-8 ounces (oz.)	3-5 servings
Infant cereal	2-4 tablespoons (tbsp.)	2 servings
Fruit or vegetable purees	2-3 tablespoons (tbsp.)	1-2 servings
Protein purees (meat or beans)	1-2 tablespoons (tbsp.)	1-2 servings

AGE 8-12 MONTHS

Food	Serving size	Servings per day
Breast milk or infant formula	6-8 ounces (oz.)	3-4 servings
Infant cereal	2-4 tablespoons (tbsp.)	2 servings
Fruit or vegetable purees	3-4 tablespoons (tbsp.)	2-3 servings
Protein purees (meat or beans)	3-4 tablespoons (tbsp.)	2 servings
Whole milk yogurt	8 tablespoons (tbsp)	1 serving

AGE 12-24 MONTHS

Food	Serving size	Servings per day
Breast milk, whole milk or toddler formula	4 ounces (oz.)	6 servings
Infant cereal	8 tablespoons (tbsp.)	6 servings
Fruit purees	8 tablespoons (tbsp.)	2 servings
Vegetable purees	8 tablespoons (tbsp.)	2 servings
Protein purees (meat or beans)	4 tablespoons (tbsp.)	2 servings

Did you know?

It's okay if your son/daughter isn't eating the recommended amount of solid foods. He/she might need more breast milk or formula to make sure he/she eats enough calories to grow and develop.

Talk to your doctor or a Registered Dietitian, who can make a personalized plan for your child.

How many tablespoons are in a jar or container of baby food?

2½ oz = 5 tablespoons

3½ oz = 7 tablespoons

4 oz = 8 tablespoons

6 oz = 12 tablespoons

Rev. 2/2016

Down Syndrome Program

Mass General Hospital for Children
55 Fruit Street, Suite 6C
Boston, MA 02114

www.massgeneralforchildren.org/downsyndrome

For more information please call

617-643-8912