

Starting Thin Purees

As your son/daughter gets older, you can try adding new foods into his/her diet, like thin purees. Thin purees are smooth and fall off the spoon easily. Stage 1 purees, for example, are thin 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 4-6 MONTHS

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

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 servings
Protein purees (meat or beans)	4 tablespoons (tbsp.)	2 servings
Whole milk yogurt	8 tablespoons (tbsp.)	1 serving

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

Did you know?

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