

## 9<sup>TH</sup> MONTH



### WHAT TO FEED

- ❖ Vegetables, fruits, yogurt, shredded meat, boiled egg-white and grains
- ❖ Cooked pasta & soft cheese
- ❖ Increase the portion of textured grains and minimize fine grain cereals
- ❖ Homemade foods- less spicy & less greasy

### HOW MUCH A DAY

- ❖ Breast milk should be given 4 to 6 times a day
- ❖ Formula served 5 times a day
- ❖ Introduce new foods in a 3 day interval



### WHAT TO AVOID

- ❖ Avoid any bits of junk food, like popcorn or chocolate
- ❖ Avoid heavy cheeses

## 10-12 MONTHS



### WHAT TO FEED

- ❖ Homemade foods- less spicy & less greasy
- ❖ Soft in texture
- ❖ Powdered peanuts
- ❖ Fish

### HOW MUCH A DAY

- ❖ 3 Times a day for solid foods
- ❖ 18-22 ounces a day of milk

### WHAT TO AVOID

- ❖ Do not feed honey until they complete 1 year of age
- ❖ Avoid shrimp & all shellfish