

6 MONTH OLD BABY FOOD CHART

Food group	Recommendations
Breastmilk/formula	24 oz (720 ml)
Grains	1 oz (30g) or 2 tbsp uncooked weight
Fruit	$\frac{1}{2}$ medium size or $\frac{1}{2}$ cup
Vegetables	1 medium-size or $\frac{1}{2}$ cup uncooked weight ($\frac{1}{4}$ cup cooked)
Protein food	1 - 1.5 oz (30-45g)
Fats	$\frac{1}{2}$ - 1 tsp
Water	1 - 2 sips per meal