

[A DAY IN YOUR BABY'S DIET]

Here's a sample of what your baby may be eating. Please remember that this is only a guide. It's important to follow your baby's hunger and fullness cues and to introduce new foods one at a time.

EARLY MORNING

Breastfeeding on demand/4–5 fluid ounces NESTLÉ® GOOD START® formula



BREAKFAST

Breastfeeding on demand/4–5 fluid ounces GOOD START formula, 3 tablespoons GERBER® Mixed Grain Cereal mixed with 2–4 tablespoons breastmilk or formula, and 3 tablespoons GERBER® Organic 2ND FOODS® Apple Strawberry (½ container)

SNACK

Breastfeeding on demand/4–5 fluid ounces GOOD START formula



LUNCH

Breastfeeding on demand/4–5 fluid ounces GOOD START formula and 3 tablespoons 2ND FOODS Sweet Potatoes & Corn (½ container)



DINNER

Breastfeeding on demand/4–5 fluid ounces GOOD START formula, 1 tablespoon 2ND FOODS Ham and Ham Gravy, and 3 tablespoons GERBER Mixed Grain Cereal mixed with 2–4 tablespoons breastmilk or formula



BEFORE BED

Breastfeeding on demand/4–5 fluid ounces GOOD START formula