

[A DAY IN YOUR OLDER 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.

BREAKFAST

Breastfeeding on demand/4-6 fluid ounces NESTLÉ® GOOD START® formula, ¼ cup GERBER® Oatmeal Cereal with DHA mixed with 2 tablespoons breastmilk or formula, and 3 tablespoons GERBER® 2ND FOODS® Apple Blueberry



SNACK

Breastfeeding on demand/4-6 fluid ounces GOOD START formula and 3 tablespoons GERBER® 3RD FOODS® Applesauce



LUNCH

Breastfeeding on demand/4-6 fluid ounces GOOD START formula, ½ jar 3RD FOODS Chicken Noodle Dinner, and 3 tablespoons 2ND FOODS Spring Vegetables with Brown Rice DHA



SNACK

2-4 fluid ounces GERBER® Apple Juice and ½ cup GRADUATES® Strawberry Apple Puffs



DINNER

Breastfeeding on demand/4-6 fluid ounces GOOD START formula, ½ jar 2ND FOODS Chicken and Chicken Gravy, 3 tablespoons 2ND FOODS Green Beans



BEFORE BED

Breastfeeding on demand/4-6 fluid ounces GOOD START formula