

## How Much Solid Baby Food Should My Baby Eat?

As much as he or she will eat! Ask a pediatrician and the vast majority will say, “Feed your baby as much as your baby will eat.”

One of the caveats is that you ensure that your baby is still receiving proper amounts of breast milk and/or formula. Solid foods in the early stage are not meant to provide for baby’s nutrition as breast milk and/or formula are. Follow your baby’s cues during feeding time to ensure that he or she is eating the proper amounts of food.

There is no “set-in-stone” guideline or chart of exactly how many jars of baby food or how many 8 ounce bottles of formula each baby should be receiving simply because each and every baby is different! Babies will eat as much food and drink as much breast milk and/or formula as they need.

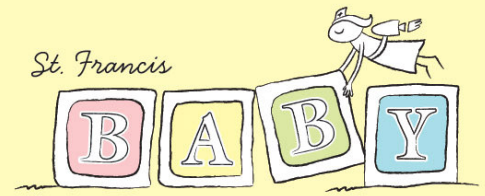
For example: You may wonder how it is possible that your friend’s 7 month old baby is eating two whole jars of baby food (8-9 oz) in one day while your 7 month old baby barely manages to eat three or four baby food cubes (3-4 oz) of food per day. You may also wonder why your baby nurses every two hours at 7 months old while your friend’s baby only nurses every three or four hours. Again, each baby has different food and milk needs and these needs are just right for the individual baby!

How much solid food a baby will be eating depends on a variety of different factors:

- A baby who began solid foods at 4 months of age will be eating more solid foods than the baby who began to eat solid foods at 6 months.
- A baby who is eating soft diced foods as beginner foods may seem to eat less than the baby who is being spoon-fed purees.
- As with adults, some babies will eat more than others simply due to their individual appetites.
- A baby who is ill or teething may eat less than what has been typical for a few days, then suddenly the typical appetite comes roaring back.
- An infant who is busy exploring the carpet or the new toy she has received may be miffed when she is put into a high chair and offered food.



BON SECOURS  
ST. FRANCIS HEALTH SYSTEM



- Then, there is the natural slow down of growth that babies go through. They are ravenous for a few days or a week or two then suddenly they are barely eating. Babies who are coming out of a growth spurt will tend to eat less than they were during the growth spurt!