



## Tastes and Textures (8-10 Months)

Although breastfeeding or formula is still a major source of nutrition for your six- to eight- month-old baby, solid foods will become an increasingly important part of his diet. After weeks of enjoying simple, pureed foods, he is now ready for a wider range of tastes and textures.

### Tastes to Grow By.

While your baby's food should still be pureed or mixed to a smooth consistency, a wider range of ingredients can be added for more interesting flavors. Your baby will enjoy this new twist on eating, and the fresh, organic ingredients you select now will help develop his palette for wholesome, nutritious food in the future.

Note: You should still wait between four and seven days between introducing each new ingredient to avoid allergic reactions.

### A Need for Fat.

Since a majority of breastmilk and formula is comprised of fat, it is important to maintain a high level of "good" fat in your baby's diet as you move to solid foods. This will help ensure proper muscle, bone and brain development. Fats found in avocados, plain whole milk yogurt, egg yolk, meat and olive oil are all beneficial for growing children.

**When feeding meat to baby, be sure to only serve pureed or finely chopped pieces.**

### Recommended Dietary Guidelines: 8 to 10 Months (in addition to previous recommendations)

	Fruits	Veggies	Grains	Proteins	Breastmilk/ Formula
Daily Intake	4-8 Tbsp (spread over 2-3 meals)	4-8 Tbsp (spread over 2-3 meals)	4-6 Tbsp (spread over 2 meals)	1-2 Tbsp (spread over 1-2 meals)	26 - 32 oz ( spread over 3-5 meals)
Food to Introduce	Mango Papaya Pineapple	Pumpkin Spinach Broccoli Zucchini Cauliflower Cucumber Yellow Squash	Quinoa	Yogurt (plain, whole milk) Egg Yolk Dried Beans Lentils Turkey Chicken Beef Pork	