

CHARTS

10 Month Baby Food Chart: Table Foods and Family Meals

Your 10-month-old can join family meals now. Get safe table foods, portion sizes, what to avoid, and a complete daily feeding schedule for your 10-month-old baby.

Frequently Asked Questions

What can a 10 month old eat?

A 10 month old can eat most soft family foods cut into small pieces, chopped vegetables, soft fruits, pasta, eggs, minced or shredded meat, beans, and dairy. Continue avoiding choking hazards, honey, and added salt and sugar.

How many times a day should a 10 month old eat?

Aim for three meals plus one to two snacks a day, along with about three breast milk or formula feeds. Let your baby's appetite guide portion sizes.