

CHARTS

5 Month Baby Food Chart: First Foods and Feeding Schedule

See exactly what to feed a 5-month-old, how much to offer, and when. Our 5-month baby food chart includes safe first foods, portion sizes, and a sample daily schedule.

Frequently Asked Questions

Can I start solids at 5 months?

Most major guidelines recommend waiting until around 6 months. Some babies who show clear readiness signs may start a little earlier, but only after discussing it with your pediatrician. Never start solids before 4 months.

What can a 5 month old eat?

If your pediatrician advises starting early, begin with a single smooth puree such as avocado or banana, offered in tiny amounts. Otherwise, breast milk or formula remains the only food a 5 month old needs.