

CHARTS

6 Month Baby Food Chart: Best First Foods + Free Printable

Your complete guide to feeding a 6-month-old. Get safe first foods, how much to offer, a sample feeding schedule, and foods to avoid at 6 months. Free printable chart.

Key Takeaways

- Around 6 months marks the recommended start of complementary feeding, while breast milk or formula still provides most calories.
- Begin with 1–2 teaspoons of a single food once a day, building toward 2–3 tablespoons across one or two meals as interest grows.
- Prioritize iron-rich first foods, fortified infant cereal, pureed meat, or lentils, because birth iron stores decline around this age.
- Confirm readiness signs first: sitting with support, steady head control, interest in food, and loss of the tongue-thrust reflex.
- Introduce common allergens early and one at a time, and practice responsive feeding by stopping when your baby signals fullness.

Frequently Asked Questions

What can a 6 month old eat?

At 6 months most babies can start single-ingredient purees and soft mashed foods such as avocado, banana, sweet potato, and iron-fortified cereal. Offer one new food at a time and watch for any reaction over 2–3 days.

How much solid food should a 6 month old eat?

Start with 1–2 teaspoons of a single food once a day and build toward 2–3 tablespoons across one or two meals as your baby shows interest. Breast milk or formula remains the main source of nutrition at this age.

How do I know my baby is ready for solids at 6 months?

Signs of readiness include sitting up with little support, good head control, showing interest in food, and the loss of the tongue-thrust reflex that pushes food out of the mouth.

Sources

1. Starting Solid Foods — American Academy of Pediatrics
2. When, What, and How to Introduce Solid Foods — Centers for Disease Control and Prevention
3. Iron — Centers for Disease Control and Prevention
4. Feeding your baby: 6–12 months — UNICEF
5. Infant and young child feeding — World Health Organization