

CHARTS

7 Month Baby Food Chart: New Textures and More Variety

Ready to expand your 7-month-old's menu? Our complete 7-month baby food chart covers new foods to introduce, texture progression, portion sizes, and a sample daily schedule.

Key Takeaways

- By 7 months, babies move from thin purees to thicker, lumpier textures and small soft finger foods, eating solids two to three times a day.
- Typical solid portions are about 2–4 tablespoons per meal, while breast milk or formula remains a core part of nutrition.
- Iron stays the priority nutrient: offer iron-rich foods daily and pair plant sources with vitamin-C foods to boost absorption.
- Advancing textures now helps develop chewing skills and eases the later transition to family foods.
- Always supervise meals, seat your baby upright, and learn to distinguish normal gagging from true choking before finger foods.

Frequently Asked Questions

What can a 7 month old eat?

By 7 months many babies handle thicker purees, mashed foods, and soft finger foods. You can combine flavors, offer iron-rich proteins, and introduce more vegetables, fruits, and grains while continuing breast milk or formula.

How many meals should a 7 month old have?

Most 7 month olds eat solids two to three times a day in addition to regular milk feeds. Follow your baby's appetite and keep mealtimes relaxed.

Sources

1. When, What, and How to Introduce Solid Foods — Centers for Disease Control and Prevention
2. Iron — Centers for Disease Control and Prevention
3. Feeding your baby: 6–12 months — UNICEF
4. Your baby's first solid foods — NHS