

CHARTS

8 Month Baby Food Chart: Finger Foods and 3 Meals a Day

Your 8-month-old is ready for finger foods and 3 meals a day. Get our complete chart with safe finger foods, portion sizes, meal ideas, and an easy daily feeding schedule.

Key Takeaways

- Most 8 month olds eat three solid meals a day, often around 4–6 tablespoons each, plus three to four breast milk or formula feeds.
- Offer iron-rich foods daily, minced meat, lentils, beans, tofu, fortified cereal, and pair plant iron with vitamin-C foods for absorption.
- Self-feeding and the emerging pincer grasp make soft finger foods valuable; serving mashed food alongside ensures enough intake.
- Expand variety across food groups, including protein and dairy like yogurt and cheese, to support rapid growth.
- Keep avoiding honey, whole nuts, hard raw foods, and added salt and sugar, and supervise every meal within arm's reach.

Frequently Asked Questions

What can an 8 month old eat?

By 8 months most babies eat a wide range of mashed and soft finger foods, vegetables, fruits, iron-rich proteins, grains, and dairy like yogurt and cheese, across about three meals a day, plus milk feeds.

How many meals should an 8 month old have?

Most 8 month olds eat three solid meals a day, sometimes with a small snack, alongside three to four breast milk or formula feeds. Follow your baby's appetite.

Can my 8 month old feed themselves?

Yes. Many 8 month olds enjoy self-feeding soft finger foods and are developing the pincer grasp. Offer safe, soft pieces and always supervise meals.

Sources

1. How Much and How Often to Feed Your Baby — Centers for Disease Control and Prevention
2. Iron — Centers for Disease Control and Prevention
3. Feeding your baby: 6–12 months — UNICEF
4. Starting Solid Foods — American Academy of Pediatrics