

CHARTS

9 Month Baby Food Chart: Self-Feeding and Family Food Prep

See what to feed a 9-month-old as they start self-feeding. Our complete 9-month baby food chart covers finger foods, soft table foods, portions, and a sample meal plan.

Key Takeaways

- At 9 months, babies manage chunkier, lumpier textures and use the pincer grasp, eating three meals plus one or two snacks.
- Solid portions are often around 4–7 tablespoons per meal, while 3–4 milk feeds (roughly 20–24 oz of formula) remain important.
- Include an iron-rich food at most meals, eggs, meat, beans, lentils, fortified cereal, with vitamin-C foods to aid plant-iron absorption.
- Advancing from purees to minced and chopped textures builds chewing skills; pre-loaded spoons foster responsive self-feeding.
- Keep avoiding honey, whole nuts, hard raw vegetables, and whole grapes; cut round foods lengthwise and supervise every meal.

Frequently Asked Questions

What can a 9 month old eat?

A 9 month old can eat chunkier mashed foods and a wide variety of soft finger foods, including iron-rich proteins, grains, dairy, and most fruits and vegetables. Continue offering breast milk or formula alongside meals.

How much milk does a 9 month old need?

Most 9 month olds still take around 3–4 breast milk or formula feeds a day (roughly 20–24 oz of formula). Solids are now a meaningful part of nutrition, but milk remains important.

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. Your baby's first solid foods — NHS