

SCHEDULES

8 Month Feeding Schedule: 3 Meals and Expanding Textures

At 8 months, most babies move to 3 solid meals per day. Get our complete daily schedule with meal timing, portion sizes, snack ideas, and how to balance milk and solid feeds.

Frequently Asked Questions

How many meals should an 8 month old eat?

Most 8 month olds eat three solid meals a day plus three to four breast milk or formula feeds. A small snack can be added if your baby is hungry between meals.

How much milk does an 8 month old need?

Roughly 24 oz of formula across the day, or breastfeeding on demand. As solids increase, milk gradually makes up a slightly smaller share of total intake.