

SCHEDULES

Baby Food Portion Sizes by Age: How Much Should Baby Eat?

Wondering how much solid food to give your baby? Our portion size guide covers every age from 6 to 12 months with tablespoon measurements and sample meal amounts.

Key Takeaways

- Portions grow from 1–2 teaspoons per meal at 6 months to 2–4 tablespoons at 7 months and several tablespoons by 8–9 months.
- Breast milk or formula (about 24–32 oz / 700–950 ml daily) remains the main source of nutrition through the first year.
- Practice responsive feeding: offer a small portion, watch hunger and satiety cues, and let your baby self-regulate intake rather than finishing a set amount.
- Appetite fluctuates day to day with growth spurts, teething, and illness, focus on the overall pattern, not one meal.
- If your baby consistently refuses solids or isn't gaining weight as expected, talk with your pediatrician.

Frequently Asked Questions

How much solid food should a baby eat by age?

Amounts grow from 1–2 teaspoons at 6 months to several tablespoons per meal by 8–9 months and child-sized portions by 12 months. These are starting points, let your baby's appetite lead.

How do I know if my baby has eaten enough?

Watch for fullness cues: turning the head away, closing the mouth, slowing down, or losing interest. A baby who is growing well and has regular wet diapers is usually getting enough.

Sources

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