

Baby Infant Cereal Recipe (Starting at 6 months)

1. In a small bowl, mix together:



1 tablespoon (15 ml)



infant cereal



3 tablespoons (45 ml)



breastmilk,
formula or water

2. Feed your baby from a spoon. Your baby may want to use his/her fingers to sample.
3. When your baby likes the cereal, thicken it by adding more cereal.



**Offer up to 8 tablespoons
(125 ml) a day at this age.**

Courtesy of Healthy Start for Mom & Me, Winnipeg
Tel: 204-949-5350 Website: www.hsम्म.ca
February 2005

Older Baby Infant Cereal Recipe (About 10 month and up)

1. In a small bowl, mix together:



1 tablespoon (15 ml)



infant cereal



1 tablespoon (15 ml)



breastmilk,
formula or water

2. Feed your baby from a spoon. Your baby may want to try using a spoon too.



**By age 1, your baby needs to eat
16 tablespoons (250 ml) a day until age 2.**

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Baby Infant Cereal Recipe (Starting at 6 months)

2. In a small bowl, mix together:



1 tablespoon (15 ml)



infant cereal



3 tablespoons (45 ml)



breastmilk,
formula or water

4. Feed your baby from a spoon. Your baby may want to use his/her fingers to sample.
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