



Day-in-the-Life

Meal plan for your 6-month-old infant

Morning

Breastmilk
or Formula
4-6 fl oz



Mid-
morning

Gerber®
Oatmeal Cereal
1/4 cup



Mashed Avocado
1/4 cup

Mid-day

Breastmilk
or Formula
4-6 fl oz



Afternoon

Breastmilk
or Formula
4-6 fl oz



Gerber® 2nd Foods®
Apple Chicken
1/4 tub

Late
Afternoon

Breastmilk
or Formula
4-6 fl oz



Gerber® 1st Foods®
Sweet Potato
1/2 jar

Evening

Breastmilk
or Formula
4-6 fl oz



Gerber®
Multigrain Cereal
1/4 cup

Night

Breastmilk
or Formula
4-6 fl oz



Please note: The quantities provided are approximates and parents/caregivers should responsively feed by paying attention to baby's hunger and fullness cues. All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland or used with permission. © 2025 Nestlé.