



Day-in-the-Life

Meal plan for your 6-month-old infant

First serve...		...followed by	
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. © 2026 Nestlé.