

# I Love My Baby Diet

STARTING

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Food Group	SUN	MON	TUES	WED	THURS	FRI	SAT
<b>Breads &amp; Whole Grains</b> <i>6-11 daily servings</i>	1	1	1	1	1	1	1
	2	2	2	2	2	2	2
	3	3	3	3	3	3	3
	4	4	4	4	4	4	4
	5	5	5	5	5	5	5
	6	6	6	6	6	6	6
	7	7	7	7	7	7	7
	8	8	8	8	8	8	8
	9	9	9	9	9	9	9
	10	10	10	10	10	10	10
	11	11	11	11	11	11	11
<b>Vegetables</b> <i>3-5 daily servings</i>	1	1	1	1	1	1	1
	2	2	2	2	2	2	2
	3	3	3	3	3	3	3
	4	4	4	4	4	4	4
	5	5	5	5	5	5	5
<b>Fruits</b> <i>2-4 daily servings</i>	1	1	1	1	1	1	1
	2	2	2	2	2	2	2
	3	3	3	3	3	3	3
	4	4	4	4	4	4	4
<b>Milk &amp; Milk Products</b> <i>3 daily servings</i>	1	1	1	1	1	1	1
	2	2	2	2	2	2	2
	3	3	3	3	3	3	3
<b>Meat &amp; Protein</b> <i>2-3 daily servings</i>	1	1	1	1	1	1	1
	2	2	2	2	2	2	2
	3	3	3	3	3	3	3
<b>Water</b> <i>6-8 daily servings</i>	1	1	1	1	1	1	1
	2	2	2	2	2	2	2
	3	3	3	3	3	3	3
	4	4	4	4	4	4	4
	5	5	5	5	5	5	5
	6	6	6	6	6	6	6