







Food for your baby's first year

Babies need different foods at different ages. This sheet shows when your baby is ready to start eating different types

Birth	6 months	7 months	8 months	9 months	10-12 months	1 year
<p>Babies are born able to suck.</p> <p>Breastfeed your baby for the first year. If you do not breastfeed, give your baby formula.</p> <p>Always hold your baby when you give a bottle of breast milk or formula.</p> <p>Milk should feel warm on the inside of your wrist.</p> 	<p>You can start feeding your baby pureed fruits and veggies.</p> <p>Try 1 vegetable first, for 3 days before trying a new one.</p> <p>You can start feeding infant cereal with iron. Only use 1 kind of cereal. Also start giving sips of water from a cup.</p>  <p>Feed your baby with a spoon. Never put cereal in a bottle. Your baby can choke.</p>	<p>Continue to feed your baby a mix of pureed fruits and veggies with no salt or sugar added.</p>  <p>Give solid foods in between bottle feedings. At this age, your baby is trying new foods. Your baby still gets their regular breastmilk or formula.</p> <p>Don't give juice to your baby.</p>	<p>You can start feeding your baby pureed protein foods. Introduce new foods every 3 days</p>  <p>Try giving your baby pureed:</p> <ul style="list-style-type: none"> • Meat • Chicken • Fish • Beans • Cottage cheese • Plain yogurt • Cooked egg yolks • Tofu <p>You can also start feeding your baby:</p> <ul style="list-style-type: none"> • Mashed fruits and veggies 	<p>You can start feeding your baby finger foods like:</p> <ul style="list-style-type: none"> • Toast squares • Crackers • Soft tortilla • Cheese slices • Cooked veggies • Soft fruit slices  <p>At 9 months, your baby can start to hold on to things. Let your baby try to feed themselves. Give them small pieces of food to practice picking up.</p>	<p>Your baby can eat mashed or chopped food from the family meal.</p>  <p>Let your baby feed themselves with a spoon or soft fork.</p> <p>Give 2-3 meals a day depending on how interested your baby is in solid foods.</p>	<p>Give your baby 3 meals a day plus snacks.</p> <p>As your baby eats more food, give them less feedings from the breast or bottle.</p> <p>You can start feeding your baby:</p> <ul style="list-style-type: none"> • Whole milk • Whole eggs (egg white and yolk) • Peanut butter

Babies can choke on nuts, seeds, popcorn, hard or sticky candy, raw vegetables, peanut butter, meat sticks, and hot dogs. Do not give your baby these foods. Watch your baby when they are eating. Avoid honey until 1 year of age for food safety.

Baby-Led Weaning (Infant self-feeding)

Baby Led—your baby learns to eat, without the need for spoon feeding or puréed foods

Baby-led weaning:

- Lets your baby feel and taste foods
- Helps your baby learn to feed themselves
- Helps baby with their hand-eye movements and chewing skills
- Makes picky eating and mealtime fights less likely

All healthy babies can start to feed themselves from about six months.

How do we get Started?

- **Sit your baby upright**, on your lap or in a highchair. Your baby should face the table and be able to move their hands or arms.
- Put the food in front of your baby. **Let your baby grab the food on their own.**
- Do not put food in your baby's mouth. **Let your baby feed themselves and choose how much they want to eat.**
- **Give your baby water with their meals.**



Which foods can I offer my baby?

- Soft fruit, cooked vegetables, meat, cheese, well-cooked egg yolks, bread (or toast), rice, pasta, and most fish.
- **Cut the food into thick sticks or long strips.** It should be soft and easy for your baby to grab or eat. Introduce foods slowly so that your baby can learn how to handle them.



Keep your baby safe

- **NEVER** leave your baby alone with food
- Make sure your baby is sitting upright to eat
- Don't give your baby nuts, whole or in pieces
- Cut small fruits in half and remove any pits or seeds
- Don't let anyone except your baby put food into their mouth