

Introducing Food to Baby

Around 4-6 months

Pureed or mashed foods

- Baby shows interest in food
- Baby can sit up

6-7 months

Mashed or minced foods

- Baby can hold food in mouth
- Baby learns how to chew

8-10 months

Mashed and finger foods

- Baby can start to grab foods
- Interest in self-feeding

10-12 months

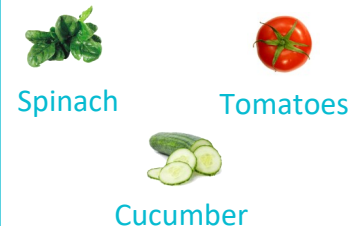
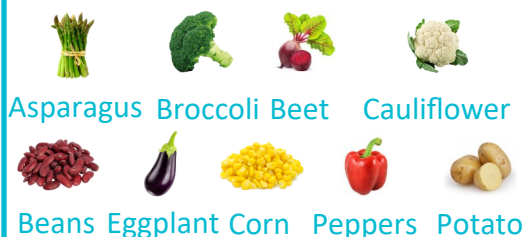
Chopped foods

- Teeth start to develop
- Baby feeds him or herself

Fruits



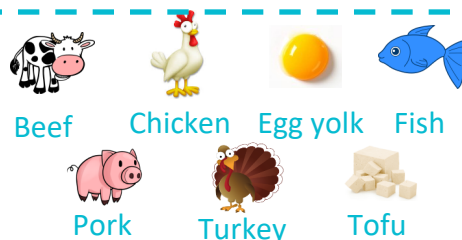
Veggies



Grains



Protein



Dairy



Food is just for fun at this age. Trying new foods allows your baby to practice eating and experience new flavors. Wait 3 days between starting new foods.

Food is just for fun at this age. Offer food once or more daily. Watch for baby's interest and hunger cues.

Sample Daily Menu for 1 Year Old

Breakfast

- 1/2 cup milk
- 1/2 cup Cheerios
- 1 small banana, mashed

Lunch

- Egg salad (1 hard-boiled egg, 1/4 cup finely chopped celery, 1 teaspoon mayo)
- 1 slice whole wheat bread

Evening snack

- 1/2 cup (about 4) strawberries, sliced

1/2 cup yogurt

Mid-morning snack

- 1/2 cup macaroni made with 1 ounce of melted cheese
- 1/2 cup cooked broccoli, finely chopped
- 1 thin slice turkey breast (1/2 ounce), diced
- 1/2 cup milk

Dinner