## 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
- Apple
- Avocado
- Pear
- Apricot
- Peach
- Mango
- Plum
- Blueberries
- Melon
- Cherries
- Fig
- Citrus
- Strawberries

### Veggies
- Green peas
- Sweet potato
- Butternut squash
- Carrot
- Zucchini
- Parsnip
- Green peas
- Asparagus
- Broccoli
- Beet
- Cauliflower
- Spinach
- Tomatoes
- Cucumber

### Grains
- Rice
- Oatmeal
- Barley
- Pasta
- Cooked Rice
- Quinoa

### Protein
- Beef
- Chicken
- Egg yolk
- Fish
- Pork
- Turkey
- Tofu

### Dairy
- Cheese
- Cottage cheese
- Cream cheese
- Yogurt

**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.

### Tips
- Offer food once or more daily.
- Watch for baby’s interest and hunger cues.

- **Around 4-6 months**
- **6-7 months**
- **8-10 months**
- **10-12 months**

- **Plants**
- **Fruits**
- **Veggies**
- **Grains**
- **Protein**
- **Dairy**

---

### 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
- Apple
- Avocado
- Pear
- Apricot
- Peach
- Mango
- Plum
- Blueberries
- Melon
- Cherries
- Fig
- Citrus
- Strawberries

### Veggies
- Green peas
- Sweet potato
- Butternut squash
- Carrot
- Zucchini
- Parsnip
- Green peas
- Asparagus
- Broccoli
- Beet
- Cauliflower
- Spinach
- Tomatoes
- Cucumber

### Grains
- Rice
- Oatmeal
- Barley
- Pasta
- Cooked Rice
- Quinoa

### Protein
- Beef
- Chicken
- Egg yolk
- Fish
- Pork
- Turkey
- Tofu

### Dairy
- Cheese
- Cottage cheese
- Cream cheese
- Yogurt

**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.

### Tips
- Offer food once or more daily.
- Watch for baby’s interest and hunger cues.

- **Around 4-6 months**
- **6-7 months**
- **8-10 months**
- **10-12 months**

- **Plants**
- **Fruits**
- **Veggies**
- **Grains**
- **Protein**
- **Dairy**

---

### 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
- Apple
- Avocado
- Pear
- Apricot
- Peach
- Mango
- Plum
- Blueberries
- Melon
- Cherries
- Fig
- Citrus
- Strawberries

### Veggies
- Green peas
- Sweet potato
- Butternut squash
- Carrot
- Zucchini
- Parsnip
- Green peas
- Asparagus
- Broccoli
- Beet
- Cauliflower
- Spinach
- Tomatoes
- Cucumber

### Grains
- Rice
- Oatmeal
- Barley
- Pasta
- Cooked Rice
- Quinoa

### Protein
- Beef
- Chicken
- Egg yolk
- Fish
- Pork
- Turkey
- Tofu

### Dairy
- Cheese
- Cottage cheese
- Cream cheese
- Yogurt

**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.

### Tips
- Offer food once or more daily.
- Watch for baby’s interest and hunger cues.

- **Around 4-6 months**
- **6-7 months**
- **8-10 months**
- **10-12 months**

- **Plants**
- **Fruits**
- **Veggies**
- **Grains**
- **Protein**
- **Dairy**

---

### 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
- Apple
- Avocado
- Pear
- Apricot
- Peach
- Mango
- Plum
- Blueberries
- Melon
- Cherries
- Fig
- Citrus
- Strawberries

### Veggies
- Green peas
- Sweet potato
- Butternut squash
- Carrot
- Zucchini
- Parsnip
- Green peas
- Asparagus
- Broccoli
- Beet
- Cauliflower
- Spinach
- Tomatoes
- Cucumber

### Grains
- Rice
- Oatmeal
- Barley
- Pasta
- Cooked Rice
- Quinoa

### Protein
- Beef
- Chicken
- Egg yolk
- Fish
- Pork
- Turkey
- Tofu

### Dairy
- Cheese
- Cottage cheese
- Cream cheese
- Yogurt

**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.

### Tips
- Offer food once or more daily.
- Watch for baby’s interest and hunger cues.

- **Around 4-6 months**
- **6-7 months**
- **8-10 months**
- **10-12 months**

- **Plants**
- **Fruits**
- **Veggies**
- **Grains**
- **Protein**
- **Dairy**

---
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
- 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

**Evening snack**
1/2 cup (about 4) strawberries, sliced

**Mid-morning snack**
1/2 cup yogurt

Talk to your CHN nutritionist if you have more questions!

Care you feel good about. 866.246.8259 www.chnyc.org