

What Foods Should You Give Your Baby? (0 – 12 months)

During his first year, your baby passes through these feeding stages:

- Nipple-feeding by breast or bottle: 0 -6 months
- Transition to solid foods: 6 -12 months
- Modified adult food: 10 months on

Remember:

- To help your child move along at his own rate with eating, feed him in a way that he can manage.
- When he's a newborn, he can only cuddle and suck, so he needs to be nipple-fed.

- Around age 6 months, he's able to sit up, open his mouth when he sees something coming, and swallow food rather than spit it out on his bib. Then it's time to start offering him semi-solid food from a spoon.
- Two or three months later he can pick up finger foods and munch or chew lumpy food. Let him sit up with the rest of the family and feed himself pieces of soft, cooked table food.



When your child	He/she is ready for	Suggested foods
Cuddles Roots for the nipple Sucks	Nipple-feeding	Breastmilk or iron-fortified formula
Sits Watches spoon Opens for spoon Closes lips over spoon Swallows	Semi-solid food	Iron-fortified baby rice or barley cereal mixed with formula or breastmilk
Munches: chews up and down Moves food to side of mouth	Thicker, lumpier food	Mashed potatoes Well-cooked mashed vegetables Soft, diced fruits Chopped noodles, other pasta
Chews: moves food to jaws Closes lip around cup	Lumpy food, pieces of soft food Juices or formula from a cup	Cut-up vegetables Diced fruits Chopped meats Casseroles Fruit juices
Picks up foods in fingers or palms Puts food in mouth Chews	Finger foods	Pieces of soft, cooked foods Pieces of soft, raw food (like bananas or peaches) Dry cereal Toast and crackers Cheese and eggs Anything that sticks together

Recommended Feeding Schedule

0 to 12 months: Nipple-feeding

- Breastfeed and give a vitamin D supplement (400 IU/day) or iron-fortified formula.

Around age 6 months: Semi-solid foods

- Begin rice or barley iron-fortified baby cereal mixed with breastmilk or formula.
- Continue breastmilk with supplemental nutrients or iron-fortified formula.

7 to 8 months: Thicker, lumpier food

- Begin introducing fork-mashed fruits and vegetables as vitamin A and C sources (or you can put food through a baby grinder.)
- If your baby seems extra cautious about solids, introduce strained fruits and vegetables one at a time, before you introduce lumpy foods.
- Offer fruit juice from a cup. (Babies like fruit juice, but don't overdo it. Limit to around 3 ounces per day.)
- Begin wheat around 8 months, unless there's a family history of allergies (then you should wait longer.) Crackers, bread, pasta, "adult" breakfast cereals, and rice make good finger foods. These foods offer B vitamins, iron and energy and are an important part of the diet.
- Continue breastmilk with Vitamin D or iron-fortified formula.
- Continue iron-fortified baby cereal.

7 to 12 months: Lumps, pieces of soft food, finger food, table food, cup

- Offer all breads, cereal, and grains from the family table. Children usually like these foods and eat a lot of them. That's okay as long as they also eat other foods.
- Let your child feed himself with his hands.
- Make the transition to pieces of soft or cooked fruits and vegetables from the family table.
- Begin protein sources gradually: meat, fish, poultry, legumes, cheese, eggs, and peanut butter. Meat needs to be moist and finely cut across the grain.
- Continue breastmilk with vitamin D or iron-fortified formula. (After the first year, use whole pasteurized milk.)
- Encourage cup-drinking.
- Continue to offer iron-fortified baby cereal.