

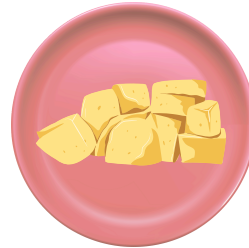


FINGER FOOD

When baby starts to pick up things with thumb and index finger, let him try eating finger food. This usually happens around 7-9 months old, but every baby is different.



Cooked broccoli



Boiled potatoes



Soft meatballs



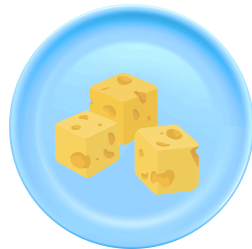
Scrambled egg



Banana



Cooked zucchini



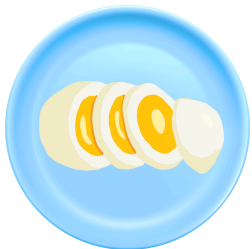
Cheese



Pita bread



Ripe pear



Hard boiled egg



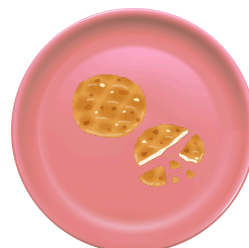
Mango/Strawberry



Avocado



Canned peaches



Graham crackers



Cooked sweet potatoes

- Baby should be sitting up straight, facing forward and be well supported at a table when eating.
- Offer 2-3 pieces, then offer a little more in small amounts. Let baby decide how much to eat.
- Give baby lots of practice.
- Learning to eat is messy. Let baby touch and play with food. Baby is learning about new tastes and textures of foods.
- Make sure baby can chew and swallow mashed foods before adding small pieces of soft food.
- Eat with your baby as a role model; baby is safer with you at the table too.
- Try different foods, keep mealtime interesting and limit jarred baby foods.
- Soft fresh fruit is best. If using canned, only use fruit canned in its own juices with no sugar added.
- If baby doesn't like a food at first, try again later. It takes 10-20 times to like a new food.
- Don't offer foods containing honey before 1 year old.

It is a good finger food if it:

- **Melts in your mouth-**

Cheerios and unsalted crackers

- **Is cut into small pieces-**

about the size of your pinky fingernail

- **Mushes easily-**

well-cooked veggies, soft fruit and veggies, well-cooked pasta



Prevent choking Do NOT serve baby:

- Hot dogs, sausage
- Raw vegetables
- Hard fruit
- Large chunks of meat or cheese (no string cheese)
- Hard candy
- Sticky foods- peanut butter, marshmallows, warm sticky bread
- Round, firm foods- whole grapes, cherries, grape tomatoes
- Raisins and dried fruit
- Popcorn, pretzels, corn chips
- Peanuts, nuts, seeds
- Soft cheese like brie, feta
- Whole kernels of corn



Whole wheat toast



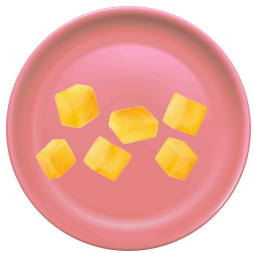
Strawberries



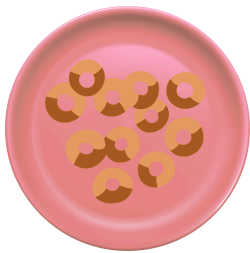
Fruit cocktail



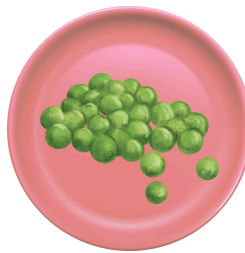
Tofu



Mango



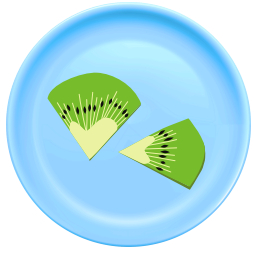
Cereal



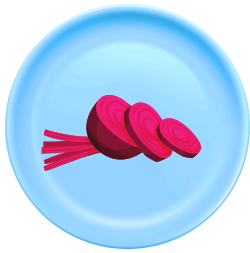
Cooked mashed peas



Soft whitefish



Kiwi



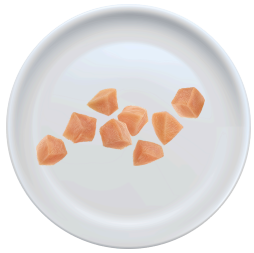
Beets



Cooked carrots



Black beans



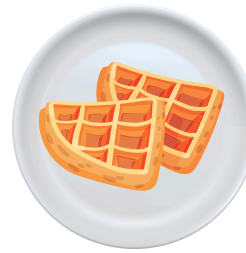
Soft chicken



Honeydew



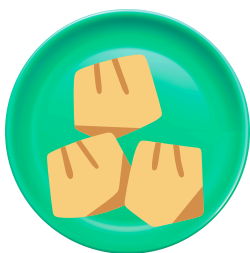
Shredded cheese



Waffles



Butternut squash



Cantaloupe



Whole grain pasta



Oranges



Shredded apple