



FEEDING AN OLDER INFANT

Just as your baby wants to explore by crawling, he is also ready to try different foods and textures. It may be time to start soft chopped fruits and vegetables, tofu, cheese, and even yogurt mixed with fruit.

DEVELOP MEAL AND SNACK ROUTINES

- › Babies like to sit in a highchair at the table with family. Be patient, eating can be messy. It is how babies learn.
- › Start teaching baby to drink from a small open cup, not a sippy cup. It takes practice. Offer water, breastmilk, or formula in a cup during meals and snacks. As baby learns to drink from a cup, he will drink less from a bottle.
- › Offer 4 to 8 ounces of plain water each day in a cup. Protect baby's teeth and health by avoiding juice, sweet drinks, soda, and sport drinks.
- › Offer a variety of vegetables and fruits.
- › Teach baby to like the flavors of foods without added sugars, salt, and fat.

Babies like to use their hands to explore foods. That is how they learn to like healthy foods. When baby is ready, let him start feeding himself with a spoon or his hands.

Here are some good finger foods:

- Small pieces of peeled soft fruits and soft cooked vegetables
- Small pieces of cooked meat, chicken, or turkey
- Mashed cooked beans, egg, or tofu
- Small pieces of toast, unsalted crackers, or soft tortilla
- Small slices of cheese
- Cut-up cooked noodles or rice



Help keep baby safe:

- Wash your hands and baby's hands before you fix food or feed him.
- Feed from a bowl, not from a jar or container. Throw out any food left in the bowl. Refrigerate any food left in jars or containers and throw it out if not eaten in 2 days.

SAMPLE MENU

BREAKFAST

- 2-4 Tbsp. chopped melon
- ½ boiled egg, chopped
- Breastmilk or formula

MORNING SNACK

- 2-4 Tbsp. chopped, cooked pieces of bell pepper
- 2-4 Tbsp. baby cereal
- Breastmilk, formula, or water

LUNCH

- 1-2 Tbsp. baby food meat or small pieces of cooked meat
- 2-4 Tbsp. chopped cooked carrots
- 1 slice of avocado, cut into cubes
- ¼ of a whole wheat flour tortilla, cut in pieces
- Breastmilk or formula

AFTERNOON SNACK

- 2 Tbsp. cereal "O's"
- 2-4 Tbsp. chopped soft mango
- Breastmilk, formula, or water

SUPPER

- 1-2 Tbsp. soft, mashed pinto beans or chick peas
- 2-4 Tbsp. chopped soft broccoli
- 2-4 Tbsp. rice
- Breastmilk or formula

BEFORE BED

- Small piece of cheese
- 2-4 Tbsp. diced pears
- Breastmilk or formula

