



## 10-12 MONTHS

Between 10 and 12 months is the time to gradually add these foods:

- Chopped foods from the family's meal
- Plain yogurt and cheese

### Helpful Hints

- Your baby will eat with fingers and start to spoon feed with help.
- Foods for baby should be soft and easy to chew. Your baby will be able to eat more foods from the table as more teeth come in.
- By one year, all of your baby's foods are usually from the family's meal.
- Be careful! Your baby can choke on foods like popcorn, candy, nuts, grapes, and round slices of hot dogs.
- Soda pop, sweet drinks, and tea are not good drinks for your baby.

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#### Notes for Feeding Your Baby:



### Suggested menu for your baby:

Use a cup from breakfast to bedtime. **Your baby may eat more or less than these amounts.**

#### Breakfast:

- Breastfeed or a 6 ounce cup of formula
- 4-8 tablespoons of infant cereal (mix with breast milk or formula)
- 2 tablespoons of fruit
- ½ to 1 slice of 100% whole wheat bread or toast

#### Snack:

- 4 ounces of water (in a cup)
- Whole-grain cracker

#### Lunch:

- Breastfeed or a 6 ounce cup of formula
- 1-2 tablespoons meat, chicken, or fish (no bones), cheese, or 2-4 tablespoons cooked, dried beans or peas
- 2 tablespoons of cooked vegetable
- ½ slice 100% whole wheat bread
- 2 tablespoons of fruit

#### Snack:

- Breastfeed or a 6 ounce cup of formula
- Whole-grain cracker

#### Supper or Dinner:

- Breastfeed or a 6 ounce cup of formula
- 1-2 tablespoons meat, chicken, or fish (no bones), cheese, or 2-4 tablespoons cooked, dried beans or peas
- 2-4 tablespoons of potato, brown rice, or noodles
- 2-4 tablespoons of cooked vegetable

#### Bedtime:

- Breastfeed or a 6 ounce cup of formula




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