

baby's first finger foods

Most 8 to 10 month old babies like to feed themselves.

This is a good time to start finger foods. Put your baby in a highchair. Use a plastic table cloth, towel or newspaper under his highchair to make cleanup easy. Place some soft finger foods in front of him, and let him play. It may be messy...but it will be fun!

how to make finger foods

Start with soft fruits and veggies.

1. Choose foods that get soft quickly in your baby's mouth.
2. Cook foods until they are very soft.
3. Remove any peel, skin or seeds.
4. Finely chop foods into tiny pieces.

If you are unsure if a food is soft enough, be safe and mash it.

veggies

cooked, chopped or mashed

- sweet potato
- white potato
- squash
- carrot
- green beans
- broccoli

grains

- graham crackers
- soft crackers
- puffed breakfast cereal
- pieces of toast

fruits

soft, chopped or mashed

- banana
- peaches
- pears
- mandarin oranges
- melons
- kiwi

Use fresh fruits and vegetables when available. Choose canned or frozen fruits and vegetables with no added syrup, sugar or salt.



Fruits and veggies are good finger foods for your baby.

Your baby will learn to like a variety of fruits and veggies.

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puffed breakfast cereal

- Offer cereals that get soft easily in a baby's mouth.
- Dip the cereal in a little milk if your baby needs it softer.

soft crackers

Offer crackers or other soft crackers. Show how to dip into baby food peaches, applesauce.



let's eat together

Bring your older baby in his highchair to the family table.

He will probably play with his food, smash it with his hands and put some in his hair and mouth. Be patient. He's learning how to eat.

taste of table foods:

salt, sugar and seasonings.

Offer natural foods.

cooked and mashed rice or noodles
cooked vegetables
pieces of toast or biscuit
pieces of tortilla
and mashed beans
baked fish
ground chicken,
or turkey
pieces of tofu
cheese
mashed cheese

was born early
history of allergies,
with care provider
g finger foods.



tips:

Wash your hands and your baby's hands before eating. Supervise your baby while he is eating.

Apples, hard fruits, large pieces of meat, butter, nuts, seeds, chips, dried fruits, corn. Babies can choke on these foods.

Honey or foods made with honey they could cause food poisoning.



growing with baby steps

For more information, visit www.nutritionmatters.com or call 1-800-451-2263. Information could be obtained from your health care provider. B321