

Fresh Fruits and Vegetables for Your Older Infant



Around 9 months of age, most babies begin trying to feed themselves. At 9 months, and if your baby is ready, WIC allows the option to purchase **fresh** fruits and vegetables in place of half of the jars of infant fruits and vegetables.

Learning to eat can be messy, but allowing infants to feed themselves and explore new textures is very important in their development of feeding skills.

Sign your baby might be ready:



Sits independently

Picks up foods by pinching them between their thumb and index finger

Chews in circular motion

Getting Started with Fresh Fruits and Vegetables

- Offer soft textures that baby is able to chew. Soft foods should be easy to smash between your fingers.
- Cut fruits and vegetables into small pieces that your baby is able to pick up, about the size of your pinky fingernail.
- Role model eating these foods. Bring your baby to the table with the rest of the family and enjoy a variety of fruits and vegetables together.



Keep it Safe

- Wash both your and your baby's hands before eating.
- Always supervise when your baby is eating.
- Wash, peel, and remove any seeds or pits.
- Cook hard fruits and vegetables until tender.
- Refrigerate fresh produce within two hours of peeling or cutting.
- Avoid foods that may cause choking, such as hard pieces of fruits or vegetables, like celery chunks.
- Grapes, berries, and cherry tomatoes should be quartered.
- Cut round foods, like cooked carrots, into short strips.



Suggestions for Finger Foods



Soft fruits and vegetables
banana, avocado, berries

Peeled fruits
peach, kiwi, mango, pear

Diced fruits and vegetables
strawberries, cantaloupe, mango

Steamed vegetables
broccoli, squash, sweet potato

Grated or scraped fruits and vegetables
apple, carrot, zucchini

Babies may need to try a new food 10 or more times before deciding they like it.



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