



Around 6 months

- Shows an interest in food
- Baby can hold food in their mouth (tongue thrust reflex disappears)
- Baby can sit up and control head independently



Around 9–12 months

- Interest in self-feeding begins
- Baby develops pincer grasp, which allows them to pick up foods on their own



1 year +

TEXTURES



Puréed or mashed



- Smooth, lump-free texture
- Start with a thin purée, gradually thicken
- Use infant cereal to thicken, breast milk or formula to thin



infant cereal



smooth applesauce



sweet potato mash



Minced



- Lumpy, finely chopped foods
- Helps teach baby about chewing and co-ordinating tongue movement



cottage cheese



soft moist ground meat



small pasta (pastina, stars)



Chopped



- Thicker, coarser texture of food
- Ideal when teeth start coming in, but many babies can manage with their gums
- Baby can use pincer grasp to pick up food



pieces of toast



elbow macaroni



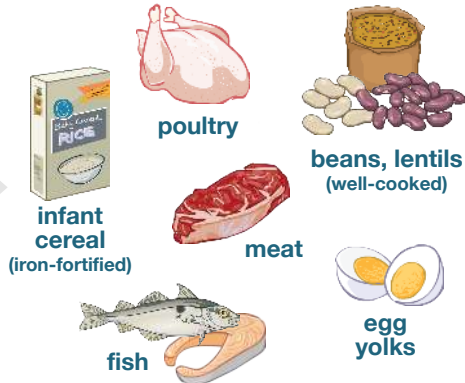
cheese cubes

There is no specific order to introduce new foods. Foods should be prepared in a way that is appropriate for your baby's chewing ability.

FOODS TO TRY

Iron-rich foods

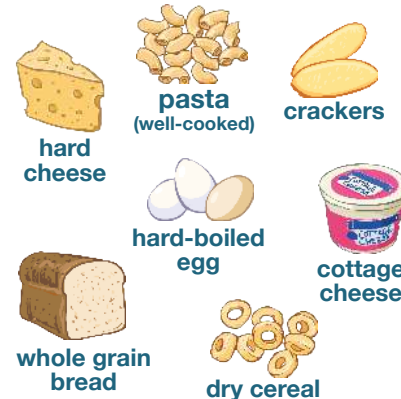
Start with foods that have a high iron content.



Vegetables & fruit



Foods with more texture



Pasteurized milk

Whole milk can be introduced at around 1 year. Offer solid food at each meal before milk. Don't exceed 16 oz. per day.



New foods should be introduced one at a time, every few days.

Try new foods several times. Baby might not like it the first few tries.

There is no need to delay introducing foods that are common allergens, unless one parent or a sibling has a food allergy.

Avoid added salt and sugar when preparing your own baby food.



Follow your baby's cues! Offer healthy food until baby communicates they are full.

Babies shouldn't eat honey until at least 1 year because of the risk of botulism.

