

When I'm ready, around 9 or 10 months, I can start feeding myself! I'm learning to use my thumb and fingers to pick up small things.

Start with very small pieces of soft foods.

Give me lots of practice feeding myself. Let me touch and play with my food. I'm messy when I eat. This is how I learn!

Offer me small servings of foods. My stomach is little. Let me decide how much to eat. I know if I'm hungry.

Let me try different foods. If I don't like something at first, don't worry. Offer me a little bit next time.

Let me eat with our family. I can sit in a high chair or a booster seat at the table.

By the time I am one year old, I'll probably eat most of our family foods. Feed me breakfast, lunch and dinner, with snacks in between.

Don't give me foods I could choke on, like hot dogs, nuts, seeds, popcorn, chips, whole grapes, raisins, raw vegetables, spoonfuls of peanut butter, chunks of meat, and candy.



finger foods

starting around 9 months



Here are some healthy choices for me!
Offer one or two tablespoons.
Let me ask for more.

Keep this list

on our refrigerator for quick finger food ideas at breakfast, lunch, dinner or snack time.



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For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-841-1410 (TDD/TTY 711).



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starting around 9 months

finger foods

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Papaya *chopped*



Here are some healthy choices for me!
Offer one or two tablespoons.
Let me ask for more.



Meatballs
in tiny chunks



Tangerine
chopped



Green Beans
cooked



Brown Rice



Zucchini
cooked



Pita Bread
in small pieces



Ripe Melon
chopped



Beans
cooked and mashed



Apple
shredded



Sweet Potato
cooked and peeled



Cherry Tomatoes
in small bits



Grapes
sliced



Cheese
diced



Whole Grain Toast
*topped with baby food
or fruit spread*



Macaroni
and Cheese



O-shaped
Cereal



Hard-boiled Egg
*chopped
(after 12 months)*



Kiwi
chopped



Soft Quesadilla
in small pieces



Banana
chopped



Tofu
chopped



Avocado
diced



Grilled Cheese
in small pieces



Carrot
well-cooked and diced



Mixed Vegetables
cooked



Broccoli
in small pieces cooked



Graham Crackers
*(avoid honey types until
12 months)*