



**I'm Ready!**

Feeding Family Foods to Your Baby



# 1.

## First Foods From the Table

*"I'm tired of strained baby foods. When I'm sitting at the table with my family, the foods my family eats look much more fun! I want to eat with my hands and I'm starting to take sips of juice, water, breast milk, and formula from a cup that someone holds for me."*

**Does your child do what this child says?  
Then she is ready to eat the foods below.**

Someone has to feed me these:

- Mashed potatoes
- Well-cooked mashed vegetables (like carrots and green beans)
- Well-cooked, finely ground meats
- Yogurt or tofu
- Salmon
- Canned tuna (no more than 1 Tablespoon per week)
- Cooked egg yolk mashed with milk or water
- Soft mashed fruits (like bananas, peaches and pears)
- Mushy rice - well cooked, mashed and soft

*"I learn about my world by putting everything in my mouth and I can eat these by myself:"*

- Zweibach Toast
- Oven dried toast
- Arrowroot cookies
- Biter Biscuits



*"Now I can reach and grab a rattle which I love to bite and chew on. I can sit in a high chair at the table with my family."*

### DO NOT FEED ME THESE

These foods may cause me to gag and choke:

- Raw vegetables (like carrots or celery)
- Large pieces of meat or hot dogs and sausages
- Chicken bones
- Nuts - including peanuts
- Potato chips, corn or tortilla chips, banana chips
- Fruits with skin or peel, like apples
- Fruits with a round shape, like grapes
- Cookies

These foods may cause tooth decay:

- Kool-aid
- Soda pop
- Iced tea or other beverages with sugar

# 2.

## Finger Foods

*"Look mom, I've learned to sit by myself and to pick up small objects with my thumb and second finger."*

**If your child can do what this baby says, then he is ready to eat these foods:**

### Dry Cereals:

- Cheerios, Kix, Chex, or other iron-fortified, low sugar dry cereals

### Fruits:

- Banana slices
- Soft cut-up fresh fruit with the skin or peel removed (like melons, kiwi and peaches)
- Canned fruit cocktail (no grapes) or canned fruits (like pears and peaches) cut up

### Vegetables:

- Well-cooked fresh or frozen vegetables (like green beans, broccoli and carrots)
- Canned vegetables (buy low salt or rinse vegetables in water before serving to baby)

### Other soft foods:

- Cheese sticks, hard cheese only (Cheddar, Monterey Jack, or Swiss cheese, cut in sticks)
- Large curd cottage cheese
- Fish sticks or boneless baked fish
- Small pieces of tender meats (small meatballs, beef, pork, or chicken)
- Scrambled eggs \* yolk only for infants less than 1 year of age with a family history of food allergies
- Tofu - cut into small squares



*"I chew food even though my teeth may not be through."*

*"I am proud of my new skills and may want to do things by myself, like drink from a cup and eat with my fingers."*

# 3.

## More Textured Foods From Family Meals

*“I can pull myself to standing and can walk while holding onto furniture. You might see me grabbing at my parent’s spoon because I try to copy everything I see. I like to play with my spoon and can finger feed myself. Mom still needs to feed me sometimes, but I eat most of the same foods as everyone else.”*

**Does your child do what this child says?  
Then she is ready to eat the foods below.**

Foods I can eat:

- Thick stews and hearty vegetable soups
- Stewed foods or foods cooked in a crock pot
- Chicken and dumplings
- Borscht
- Soft pieces of cooked meats and vegetables mixed into mashed potatoes
- Macaroni and cheese
- Grilled cheese
- Lasagna, spaghetti, or other soft pasta
- Mild chili
- Quiches
- Well cooked rice dishes with soft/sticky rice



### DO NOT FEED ME THESE

These foods may cause me to gag and choke:

- Raw vegetables (like carrots or celery)
- Hot dogs, sausages or bacon
- Tacos
- Nuts, including peanuts
- Popcorn
- Grapes
- Peanut butter
- Coconut
- Foods that splinter such as potato chips, corn or tortilla chips and banana chips
- Fruits with skin or peel or round shape (like apples or grapes)
- Corn
- French fries
- Hard candy (like Lifesavers or mints)
- Dried fruits such as raisins, apricots or dates

These foods may cause tooth decay:

- Kool-aid
- Soda pop
- Iced tea or beverages with sugar

# 4.

## Feeding the Floor: Learning to Use a Spoon

*"Look at me. I can walk and love to throw things. I say a few words and know lots more. I want to feed myself with a spoon. Oops, I missed my mouth. But that's OK!"*

### These I can eat by myself with a spoon

Foods that will stick to a spoon when scooped or turned upside down:

- Yogurt
- Applesauce, puddings
- Cooked cereal  
oatmeal, cream of rice,  
cream-of-wheat, grits,  
Malt-O-Meal, farina
- Cheerios soaked in milk
- Mashed pork and beans or  
mashed mild chili
- Refried beans
- Casseroles
- Stews
- Cottage cheese
- Egg salad



These I can't eat by myself with a spoon because they slide off:

- Soups
- Custards, Flan
- Canned fruits
- Jello

# 5.

## Foods That Need More Chewing

*"I'm a little older now. My back teeth finally came in. Now you can give me small pieces of harder to chew foods, such as meat and crunchy vegetables and fruits."*

### These foods require back teeth (molars)

#### Raw:

- Carrots, celery
- Broccoli
- Cucumbers
- Cabbage, coleslaw
- Cauliflower
- Radishes, turnips
- Water chestnuts
- Pineapple
- Grapes cut in half
- Other raw fruits and vegetables

#### Other foods:

- Dried fruit, such as raisins
- Shredded coconut
- Well cooked meats such as beef, pork, chicken, or turkey
- Hotdogs and sausage, cut lengthwise



*"Even though I love to walk and run, I need to sit down to eat so I won't choke. Plus, I like eating at the table with my family."*

6.

*“Now I can eat lots of different foods from all the food groups. I can drink milk\* from my cup at every meal, I don't need my bottle anymore.”*



*“Drinking from a cup helps me to take care of my nice new teeth.”*



*\*Give whole milk until 24 months of age*



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