



Feeding My Older Baby

(6-12 months old)

Most babies are ready to start eating solid foods around 6 months of age.

Your baby is ready when she:

- Sits with help and holds her head steady.
- No longer pushes food out of her mouth.
- Recognizes a spoon and opens her mouth as it comes to her.



Keeping baby food safe

- Never heat bottles or baby food jars in the microwave.
- Do not feed baby directly from the jar.
- Always wash hands with warm, soapy water before preparing baby's food.
- Always clean high chair tray before feeding baby.
- Keep open baby food and prepared formula refrigerated.
- Do not give unpasteurized juice.

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Around 6 to 8 months (thin consistency)

- Fortified infant cereal
- Strained or finely minced meats
- Strained or mashed vegetables and fruits
- Dry cereals, toast or crackers
- Sticky rice or mashed potatoes

Around 10 to 12 months (finger foods)

- Thicker cereal, more like oatmeal
- Small pieces of well cooked poultry, meat, or fish with no bones or skin
- Cooked vegetables and soft fruits in small pieces
- Small pieces of cheese, cottage cheese, and yogurt
- Pastas, breads

Around 8 to 10 months (thicker consistency and finger food)

- Thicker infant cereal
- Small pieces of well-cooked meat, poultry or fish with no bones or skin
- Cooked, mashed beans and lentils
- Soft-cooked vegetables and soft fruits, mashed
- Strips of bread or tortilla
- Shredded cheese

Don't give your baby cow's milk until one year of age. Continue breastfeeding your baby, or using formula.



Questions?

Call your EFNEP Educator, WIC office or healthcare provider.

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