



My Plan for Feeding My Baby

Appropriate food consistencies by age



Six months	Nine months	One-year-old
pureed baby food fruit	mashed fruit	small pieces of soft fruit
baby cereal	oat-O's cereal	whole milk
formula	shredded cheese	mixed meat dish (e.g. chicken and rice)
baby food meat	small pieces of meat	family foods



Cut all foods for your 6-12 month old baby to ½ inch or smaller so your baby doesn't choke.



By one year, your baby doesn't need baby foods. Your baby should be eating most of the foods the rest of the family eats.

- Family foods are less expensive than baby foods.
- Your baby doesn't need a separate meal prepared for him.
- Your baby will learn to enjoy your family's foods.

Remember, don't give your baby cow's milk until she is one-year-old.

