When I am ready, around 9 or 10 months, I can start feeding myself! I am 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 am 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 am hungry.

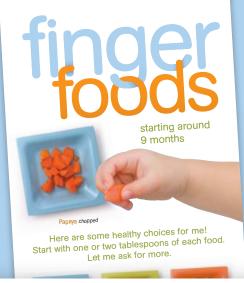
Let me try different foods. If I don't like something at first, don't worry. Offer me a little bit next time.

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 will probably eat most of our family foods. Feed me breakfast, lunch and dinner, with snacks in between.

Don't give me foods that I can choke on such as: raw hard vegetables, whole grapes, spoonfuls of peanut butter, chips, nuts, popcorn, hot dogs, chunks of meat, and hard candy. Once I turn one year old, stay close by if you give me dried fruits.





Keep this list snack time.



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California Department of Public Health, California WIC Program This institution is an equal opportunity provider.

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finder fi

9 months

Papaya chopped

Here are some healthy choices for me! Start with one or two tablespoons of each food. Let me ask for more.



Meatballs in tiny chunks



Tangerine chopped



Green Beans cooked



Brown Rice



Zucchini cooked



Pita Bread



Ripe Melon



Beans cooked and mashed



Apple shredded



Sweet Potato cooked and peeled



Cherry Tomatoes in small bits



Grapes sliced



Cheese diced



Whole Grain Toast with Baby Food 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



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)