

Food texture will change over 6 to 12 months

Baby will eat different kinds of food in stages over the next six months. Every baby develops at her own pace. Be sure she can easily eat and swallow one texture of food before adding the next.

1 Smooth and thin (around 6 months)



2 Strained or pureed (around 6-7 months)



3 Mashed smooth with some tiny lumps (around 7-8 months)



4 Ground or finely chopped (around 8-9 months)



5 Small pieces of soft finger food (around 9-10 months)



By 12 months, baby can eat a variety of textures. Baby can also eat many of the same foods as the rest of the family. Mash or cut food into small, soft pieces.

Safe feeding guidelines

- Feed your baby from a bowl or plate, not from a baby food jar.
- Throw away any food left in the bowl. Germs from the baby's mouth can spoil the leftover food.
- Store opened baby food jars in the refrigerator. Throw out after 2 days if you don't use it.
- Always stay with your baby when she is eating.
- Always hold your baby's bottle for her.

Don't prop up a bottle, even if she can hold it.

Finger Foods

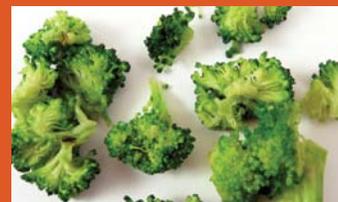
Baby is ready for finger foods when baby can hold things between thumb and finger, usually at 8-9 months old.

Finger foods can make less mess. They help baby learn to feed herself. Good choices are small pieces of soft foods that melt easily in baby's mouth.

Good choices are:



Fresh peeled fruit or canned fruits cut into small chunks like banana, peaches and pears.



Soft cooked vegetables cut into small pieces.



Dry cereal, cooked macaroni, small pieces of bread, toast or unsalted crackers.



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