



Sample Menu

Older Babies - 9 to 12 months	Breakfast	<ul style="list-style-type: none"> 4-6 tablespoons baby cereal mixed with breastmilk or formula 2-4 tablespoons small slices peeled banana
	Snack	<ul style="list-style-type: none"> 2-4 tablespoons yogurt 2-4 tablespoons diced melon 2 ounces water in a cup
	Lunch	<ul style="list-style-type: none"> 2-4 tablespoons cooked ground beef 2 tablespoons cooked brown rice, mixed with baby food vegetables 3-4 tablespoons small pieces soft cooked broccoli
	Snack	<ul style="list-style-type: none"> 2-4 tablespoons baby vegetables spread on 2 unsalted crackers -OR- very thin smear of smooth peanut butter spread on ½ slice toasted bread, top with fork mashed fruit 2 ounces water in a cup
	Dinner	<ul style="list-style-type: none"> 2-3 tablespoons mashed beans ½ soft tortilla with melted cheese, cut in small pieces Small pieces soft cooked carrots
	Before Bedtime	<ul style="list-style-type: none"> 2-4 tablespoons dry cereal Small pieces peeled soft pear

At about 9 months of age, breastfed babies usually nurse four or more times a day. Bottle-fed babies drink about 24-28 ounces a day.

Keep Baby Healthy

- Solid foods can't replace all the nutrients in breast milk or formula. As your baby eats more foods, breast milk or formula will slowly decrease.
- Offer a cup with breast milk, formula or water at meals and snacks. You can give about four to eight ounces of water a day.
- Your baby does not need juice, sweet drinks or soda.
- Schedule the first dental visit by the first birthday.
- Once teeth appear, brush with an infant toothbrush in the morning and before bed. Use fluoride toothpaste about the size of a grain of rice.



Ready for Finger Foods

Starting at about 9 months of age



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At about **9** months of age

- Babies are ready to practice feeding themselves.
- Don't worry if your baby doesn't have teeth yet. Gums work great for mashing soft foods!



4 tips for feeding

1. Start with 1-2 tablespoons of each food. Offer more as your baby wants.
2. Give small pieces of soft finger foods. Allow baby to eat with fingers and a spoon.
3. Offer food five to six times a day: breakfast, lunch and dinner, with snacks in between.
4. Be patient. It can take 10-15 tries for your baby to learn and like a new food.



Finger Foods to Try

Grains

Small bite-sized pieces of:

Whole grain macaroni, noodles, pasta . brown rice . baby cereal with added iron and zinc . whole grain bread, unsalted crackers . soft tortillas . pancakes, waffles



Vegetables

Chopped soft-cooked pieces of:

Zucchini . carrot . broccoli . avocado . sweet potato . mixed vegetables . squash . cauliflower . green beans



Fruits

Chopped soft peeled pieces of:

(Remove hard seeds, these are choking dangers)

Ripe melon . pear . papaya . mango . peach . kiwi . shredded apple . grapes cut into quarters . banana . orange



Protein

Tiny chopped or mashed pieces of:

Beans . tender meat (chicken, turkey, hamburger, meatballs) . tofu . fish . eggs . plain yogurt, cottage cheese . shredded cheese . small amount of creamy peanut on a cracker or piece of toast



Wait until your baby is 1 year old to give:

- Cow's milk or other non-dairy milks (like soy, almond milk) as a drink. Your baby still needs breast milk or formula.
- Honey and foods made with honey. Honey can make baby very sick.

Avoid foods that can cause your baby to choke:

- Raw hard vegetables.
- Large pieces of food (such as meat sticks, sausages.)
- Round or coin shaped foods (such as whole grapes or sliced hot dogs.)
- Nuts and seeds.
- Chips.
- Popcorn.
- Hard candy.
- Large amount of peanut butter.

If you have a family history of food allergies, talk with your doctor and WIC about foods you may want to avoid giving your baby.