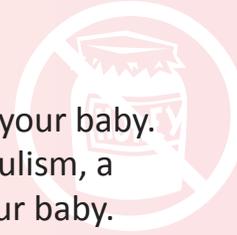


## Keep in Mind

- Be patient. It may take more than one time for your baby to like a new taste or texture.
- Begin with small amounts of foods. Offer seconds if needed.
- Do not force your baby to eat or finish all his food. Turning his head, closing his mouth, shaking his head, or leaning back are signs he is full.
- Continue to breastfeed after solid foods are introduced.
- Be sure your baby is drinking enough breastmilk or formula.
- If your baby is ready for table food, spoon out the amount he will eat before adding salt, sugar, fats, or other seasonings to the food for your family.
- Set a good example. Older babies will want to eat what you eat.
- If you have a family history of allergies, there may be foods you want to avoid giving your baby. Check with your doctor or clinic. Signs of an allergic reaction include skin rash, vomiting, diarrhea, irritability, or wheezing.

## Be aware

Never give honey to your baby. Honey may have botulism, a germ that can kill your baby.



Do not put your baby to bed with a bottle.

The following foods may cause choking in babies and children younger than 4 years of age:

- whole hotdogs
- whole grapes
- popcorn
- chunks of peanut butter
- peanuts and other nuts
- raw hard vegetables
- round, hard or sticky candies



# Let's Eat!



Visit our website at [TexasWIC.org](http://TexasWIC.org)

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## Feeding Tips for Baby's First Year!

# Let's Eat!

• • • • • general guidelines for healthy, full-term infants

| Age             | What baby does  | New foods   | What to do  |
|-----------------|---|---|---|
| Birth-6 months  | <ul style="list-style-type: none"> <li>• Sucks and swallows breastmilk and formula</li> <li>• Pushes tongue out of mouth when swallows</li> </ul>   | Feed only breastmilk (or formula with iron)   | <ul style="list-style-type: none"> <li>• Be patient</li> <li>• Feed when your baby is hungry</li> <li>• Learn your baby's hunger and fullness cues</li> </ul>   |
| Around 6 months | <ul style="list-style-type: none"> <li>• Sits with help</li> <li>• Supports and controls head</li> <li>• Can grasp an object and put in mouth</li> <li>• Opens mouth for spoon</li> <li>• Can keep most of the food in the mouth</li> <li>• Removes food from a spoon with a sucking action</li> <li>• Turns head away when full</li> </ul>   |  <ul style="list-style-type: none"> <li>• Try jarred or home-prepared single-ingredient foods like:               <ul style="list-style-type: none"> <li>• Pureed vegetables</li> <li>• Pureed fruits</li> <li>• Infant cereal</li> <li>• Pureed meats</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Continue to breastfeed (or give formula with iron).</li> <li>• Feed with a spoon</li> <li>• Start with a smooth and thin texture</li> <li>• Never put cereal in the baby's bottle</li> <li>• Follow baby's lead. Let your baby show you when he is full</li> <li>• Wait two to three days between feeding new foods</li> </ul> |
| 7-9 months      | <ul style="list-style-type: none"> <li>• Sits without help</li> <li>• Moves food from front to back of mouth</li> <li>• Begins side to side movement of tongue</li> <li>• Begins to grasp objects with whole hand and transfer from one hand to another</li> <li>• Starts to mash food with gums</li> <li>• Brings head towards the spoon</li> <li>• Drinks from cup with lots of spilling</li> </ul> | <ul style="list-style-type: none"> <li>• Plain, cooked home-prepared foods, strained or mashed with a fork. Try fruits, vegetables and meats.</li> <li>• Yogurt, cottage cheese</li> <li>• Very small pieces of hard cheese</li> </ul>  | <ul style="list-style-type: none"> <li>• Continue to breastfeed (or give formula with iron)</li> <li>• As baby gets better at eating, mix food to a thicker texture</li> <li>• Offer breastmilk or formula in small amounts from a cup</li> </ul>                                   |
| 10-12 months    | <ul style="list-style-type: none"> <li>• Picks up food with thumb and forefinger</li> <li>• Rotary or grinding chewing begins</li> <li>• Drinks from cup with less spilling</li> </ul>   | <ul style="list-style-type: none"> <li>• Small pieces of bread, cheese, noodles, crackers, soft tortilla</li> <li>• Small pieces of cooked tender, lean meat</li> <li>• Soft cooked pieces of beans and vegetables</li> <li>• Pieces of raw, soft, ripe fruits</li> </ul>   | <ul style="list-style-type: none"> <li>• Continue to breastfeed or give formula with iron</li> <li>• Offer finger foods</li> <li>• Watch baby closely while eating</li> <li>• Keep baby seated in a chair, high chair or carrier</li> </ul>   |