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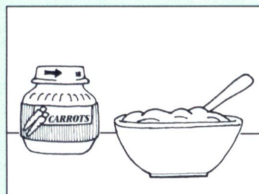
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A Guide for Feeding Your Baby Six to Twelve Months  
Michigan State University Extension Service  
August 1996  
2 pages

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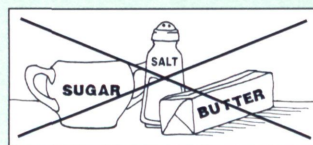
## Some Important Things to Remember



Feed baby from a bowl, not the jar.

Put a small amount of baby's food in a small bowl. Throw away any food left in the bowl.

Do not add salt, sugar, fat or spices to baby's food.

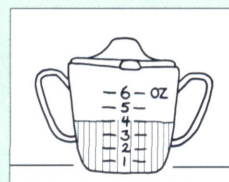
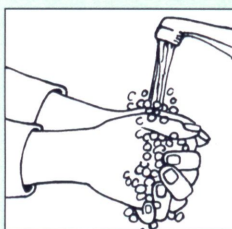


Do not give honey to your baby.

It can cause infant botulism, a deadly disease.

Keep things clean.

- Wash your hands and baby's hands with soap before feeding baby.
- Wash the high chair tray with hot, soapy water each time it is used.



Use a cup to give baby juice and water.

Limit juice and water. If babies drink too much juice or water, they will not be hungry for other foods they need.

## Some Important Things to Remember



Babies are messy eaters.

Babies need time and practice learning to eat. They will be messy eaters while they learn to use their fingers and a spoon.

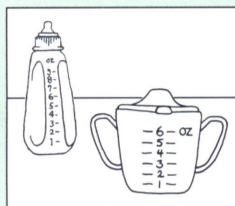
Sit with your baby while baby eats.

Do not give baby foods that might cause choking, such as nuts, popcorn, hot dogs, chunks of meat or hard cheese, raw vegetables, lumps of peanut butter.



Use a cup.

Wean babies from the bottle gradually by 12 months. If you wait much longer, baby does not want to give it up.



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# A Guide for Feeding Your Baby

## Six to Twelve Months



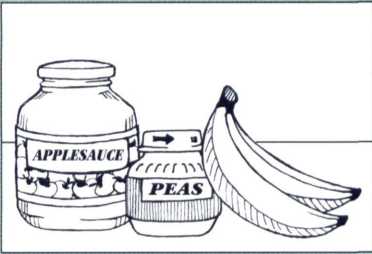
# Suggested Ages and Growth Clues for Adding New Foods

## Food for baby (6 to 12 months)

Continue to feed baby breast milk or iron-fortified infant formula throughout the first year.

Infant cereal is the first solid food babies should get.



Age	Growth Clues for Adding Foods	Foods to Introduce
6 to 8 months	Baby can: <ul style="list-style-type: none"> <li>• Grab and hold onto things.</li> <li>• Sit without support.</li> <li>• Begin to chew.</li> </ul>	<b>First:</b> <ul style="list-style-type: none"> <li>• Strained, pureed or mashed, cooked vegetables.</li> <li>• Strained or mashed soft fruits. Soft fruits do not have to be cooked.</li> </ul> <b>Later:</b> <ul style="list-style-type: none"> <li>• Strained meat; cooked, mashed dry beans; cooked, finely chopped chicken; cooked, boned fish.</li> </ul>
8 to 10 months	Baby can: <ul style="list-style-type: none"> <li>• Take a bite of food.</li> <li>• Pick up small pieces and feed himself.</li> <li>• Use a cup with help.</li> </ul>	<ul style="list-style-type: none"> <li>• Mixed baby cereal may be introduced.</li> <li>• Cooked, mashed egg yolks.</li> <li>• Cottage cheese and yogurt.</li> </ul> Finger foods: <ul style="list-style-type: none"> <li>• Toast squares or crackers.</li> <li>• Small pieces of cooked vegetables and peeled, soft fruits.</li> <li>• Small pieces of cooked, ground meat, chicken or fish with all bones and tough parts removed.</li> </ul> Continue to introduce new fruits and vegetables to baby, so baby will like a variety of foods. 
10 to 12 months	Baby can: <ul style="list-style-type: none"> <li>• Chew and swallow soft, mashed foods.</li> <li>• Use a cup.</li> <li>• Begin to use a spoon.</li> </ul>	Small pieces of cooked or soft foods the rest of the family eats: <ul style="list-style-type: none"> <li>• Cereals, bread and crackers.</li> <li>• Vegetables and fruits.</li> <li>• Cheese, cottage cheese and yogurt.</li> <li>• Cooked meat, cooked dried beans, peas or lentils, cooked egg yolks.</li> </ul>

Talk with your baby's health care provider for more information.

Notes:

