I can eat finger foods
When I am ready, I can start feeding myself some finger foods. Around 6 to 8 months, if I can hold something small between my thumb and forefinger, I may be ready.

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

Papaya *chopped*

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*
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)