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For more information on this topic, or other nutrition topics that relate to children 0-5 years old, contact:

Nutrition BEST
University of California
Cooperative Extension
11477 E Avenue
Auburn, CA 95603

Phone: (530) 889-7350
Fax: (530) 889-7397
Email: ceplacer@ucdavis.edu



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GIVING YOUR BABY NEW FOODS: 8 TO 12 MONTHS



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MORE INFORMATION ABOUT FEEDING YOUR BABY

- Be patient when feeding your baby. Babies need time and practice to learn to eat. They are messy eaters. Always sit with your baby while baby eats.
- When introducing new foods to your baby, do it one food at a time. Offer a new food and wait at least 5 days before you introduce another one. Introducing one food at a time helps you to detect allergic reactions. Skin rash, gas, breathing problems, and diarrhea can be signs of allergic reactions.
- Do not add salt, sugar, fat, or spices to baby's food.
- Let your baby begin to feed him or herself.
- As your baby eats more solid food, he or she will drink less breast milk or formula.
- Your baby can choke easily on certain foods. Do not give your baby hot dogs, nuts, seeds, popcorn, chips, grapes, raisins, raw vegetables, or peanut butter.
- **Never** give your baby honey or foods made with honey. It can make your baby **very** sick.
- Offer baby fruit for dessert. Babies do not need baby desserts like puddings, custards, and cobblers.
- Wipe baby's teeth with a soft damp cloth after meals.

GUIDE FOR INTRODUCING NEW FOODS TO YOUR BABY

8 Months

Or when your baby can:

- Grasp and hold onto things.
- Sit without support.
- Begin to chew.
- Use a cup with help.

Food:

- Strained or pureed meat or chicken.
- Strained or pureed cooked beans.
- Cottage cheese.
- Plain yogurt.
- Cooked egg yolk mashed with breast milk, formula, or yogurt.
- Mashed tofu.

**Do Not
feed your baby
hotdogs or egg whites!**

9 to 10 Months Old

Or when your baby can:

- Take a bit of food.
- Pick up finger foods and feed him or herself.
- Use a cup.

Food:

- Mixed grain baby cereal.
- Fruits and cooked vegetables, mashed with a fork.
- Cooked plain rice and noodles, mashed or chopped.

Try finger foods:

- Small pieces of mild cheese.
- Toasted bread squares, unsalted crackers, or small pieces of soft tortilla.
- Small pieces of cooked, ground meats. Remove all bones and tough parts.

10 to 12 Months Old

Or when baby can:

- Chew and swallow soft, mashed, and chopped foods.
- Use a cup.
- Start to use a spoon.

Food:

- Small pieces of food the family eats.
- Cereals, bread, and crackers.
- Fruits and cooked vegetables.
- Cooked soft meats, cooked beans, or cooked egg yolks.
- Casseroles.
- Let your baby feed him or herself.
- Let your baby sit at the table with the family.
- Start using the bottle less and the cup more.

12 Months Old:

Or when your baby can:

- Chew and swallow soft table foods.
- Use a spoon.

Food:

- Whole milk, a little at a time.
- Cooked whole egg.
- Offer baby 3 small meals a day plus snacks.
- Give baby whole milk from age 1 until age 2.
- Serve baby liquids from a cup only.
- Baby should be almost or completely weaned off the bottle.

