



Feeding Your Baby
Volume 1, Issue 3
7-9 Months Old

FEEDING YOUR BABY

7-9 MONTHS OLD

One New Food At A Time	2
Babies Feeding Themselves	2
Home Prepared Baby Food	3
Finger Foods	3
Baby Food Safety	4

What Foods Come Next

By 6 months old, your baby has probably started to eat infant cereal. It is important to remember to only introduce new foods when baby is ready. Judge when to introduce new foods by what your baby can do and not by how old your baby is. Use the following chart as a guide to introducing new foods.

When Your Baby Can		
<ul style="list-style-type: none"> Sit without support. Begin to chew. <p style="text-align: center;">↓</p>	<ul style="list-style-type: none"> Use a cup with help. <p style="text-align: center;">↓</p>	<ul style="list-style-type: none"> Grasp and hold onto things. <p style="text-align: center;">↓</p>
<p style="text-align: center;">Begin</p> <ul style="list-style-type: none"> Strained or pureed fruits and vegetables. Offer teething foods. 	<p style="text-align: center;">Begin</p> <ul style="list-style-type: none"> Water at each feeding. 100% fruit juices (Offer juice from a cup only) 	<p style="text-align: center;">Begin</p> <ul style="list-style-type: none"> Soft finger foods. Strained or pureed meat, chicken, beans, egg yolk.

You and your baby will benefit more by waiting until the time is right to introduce new foods. Your baby will be more capable of eating and digesting new foods. This will mean a happier baby. You will also find feeding a happier experience if you wait until the time is right.

One New Food at a Time

When introducing new foods to your baby, it is important to offer only one new food at a time.

By offering new foods one at a time, a food allergy is easier to spot. You can determine quickly what food caused the reaction. If many foods are offered all at once, it may take longer to find what food caused the allergy. Signs of a food allergy may include vomiting, diarrhea, or skin rash.

By following a few simple steps, you will know what food to blame if there is a problem.

- Offer one new food to your baby.

- Feed the new food every day for a week.
- If your baby is OK with the food after a week, then repeat the process with another food.

Start with a single ingredient food rather than a mixed food. For example offer rice cereal instead of mixed cereal, or applesauce instead of mixed-fruit.

If your baby does react with a food, stop feeding it right away. Wait at least one month before trying the food again. Your baby will probably outgrow the allergy.



Babies Start to Feed Themselves



Encourage your baby to feed him or herself. Help your baby handle a spoon. Sit so she can hold the spoon,

or your hand, and can learn the movements of feeding.

Also let your baby try drinking small amounts of water, formula, or fruit juice from a cup. When he or she becomes skillful at drinking from a cup, increase the amount you offer.

Remember, your baby will be messy when learning to feed him

or herself. Try not to become overly concerned about neatness at this time. Be prepared with a bib or apron to protect clothing. A plastic drop cloth under your baby's chair will make clean up easier.

Remember, it will take a long time before your baby can eat without your help.

A PROUD PARTNER WITH
FIRST 5
PLACER
Children & Families Commission
www.First5Placer.org



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

Phone: 530-889-7350
Fax: 530-889-7397

Website:
<http://ceplacer.ucanr.edu>

**Creating healthy
habits from the start.**

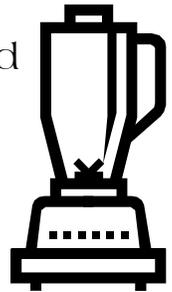
Home Prepared Baby Food

Making baby food at home can be nutritious, inexpensive, and easy. Steam vegetables or fruit until tender. Save the water used for steaming and place the fruit or vegetables in the food processor or blender and puree. With the water from the steaming process, you can make baby food thinner if it is too thick. Pour the pureed baby food into ice trays and place in the freezer. Once frozen, transfer the cubes to plastic

“Making baby food at home can be nutritious, inexpensive, and easy”

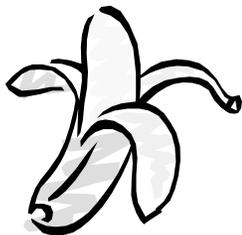
baggies. Take the food out of the freezer the morning that you wish to use it. Let baby food thaw in the refrigerator or heat it gently on the stove. Make sure baby food is cool before feeding it to your baby.

Don't feed your baby homemade carrots, spinach, beets, turnips, or collard greens before 6 months old.



Finger Foods

Does your baby hold most foods while eating and drink from a cup? If so you can begin to give your baby finger foods.



Here are a few examples of some finger foods to start with.

- Cooked vegetables cut into strips.
- Peeled, soft fruit wedges.

- Bits of soft toast.
- Pieces of soft, mild cheese.
- Small, tender pieces of meat.

Your baby is learning to use his or her muscles and learning to coordinate hands & eyes. Finger foods gives a great opportunity to practice.

Remember, don't give your baby nuts, seeds, or raw vegetables unless they are mashed or shredded. Avoid all small hard foods (such as popcorn).



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

Phone: 530-889-7350
Fax: 530-889-7397
Email: ceplacer@ucdavis.edu
Website:
<http://ceplacer.ucanr.edu>



Phone: 530-889-7350
Fax: 530-889-7397



Remember

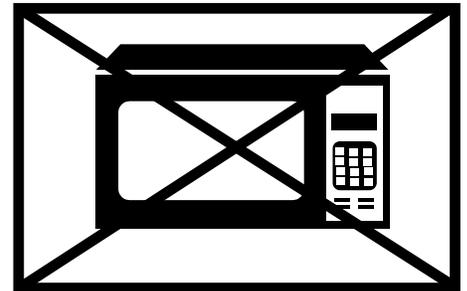
- Don't add salt, sugar, or seasonings to baby's food.
- Don't feed your baby honey during her first year.
- Don't use "leftovers" to make baby food.
- Don't feed your baby small foods that may cause choking such as, nuts or corn.
- Remember a little patience goes a long way.

Baby Food Safety

Don't store uneaten portions of food in the fridge....**THROW THEM OUT.** Saliva from your baby's mouth can cause bacteria to grow in unused portions of food.

Never microwave food for your baby. Even if stirred thoroughly, some parts may remain hot and could burn your

child. Most jarred baby food doesn't need to be heated anyway, and you can always heat on the stovetop if necessary.



Have Questions?
Call our nutrition consultation
WARM-LINE
530-889-7350

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities on the basis of race, color, national origin, religion, sex, gender, gender expression, gender identity, pregnancy (which includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), genetic information (including family medical history), ancestry, marital status, age, sexual orientation, citizenship, or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994 (USERRA), as well as state military and naval service. This policy is intended to be consistent with the provisions of applicable state and federal laws and University policies.

University policy also prohibits retaliation against any employee or person in any of its programs or activities for bringing a complaint of discrimination or harassment pursuant to this policy. This policy also prohibits retaliation against a person who assists someone with a complaint of discrimination or harassment, or participates in any manner in an investigation or resolution of a complaint of discrimination or harassment. Retaliation includes threats, intimidation, reprisals, and/or adverse actions related to employment or to any of its programs or activities.

In addition, it is the policy of the University and ANR to undertake affirmative action, consistent with its obligations as a Federal contractor, for minorities and women, for persons with disabilities, and for covered veterans. The University commits itself to apply every good faith effort to achieve prompt and full utilization of minorities and women in all segments of its workforce where deficiencies exist. These efforts conform to all current legal and regulatory requirements, and are consistent with University standards of quality and excellence.

In conformance with Federal regulations, written affirmative action plans shall be prepared and maintained by each campus of the University, including the Division of Agriculture and Natural Resources. Such plans shall be reviewed and approved by the Office of the President and the Office of the General Counsel before they are officially promulgated.

Inquiries regarding the University's equal employment opportunity policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, One Shields Avenue, Davis, CA 95616, (530) 752-0495.