



Feeding Your Baby
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FEEDING YOUR BABY 10 MONTHS TO 1 YEAR OLD

Spoon Skills

How Much Your
Baby Eats

1 Year Old—What,
When, and How
Much

Spoon Skills

Most babies don't learn how to use a spoon well until after their first birthday. The food that they try to pick up with a spoon sometimes lands on the floor, but they are learning. Babies need practice to become skillful with a spoon.

Here are some foods that will stick to the spoon when scooped up:

- Yogurt
- Applesauce
- Mashed potatoes
- Cooked cereal

- Cottage cheese
- Macaroni and cheese
- Mashed cooked beans



Remember to make mealtimes happy, not frustrating. Hungry babies want to eat. It's up

to parents and other caretakers to help babies develop a good attitude about food. Here are some tips:

- Give your baby lots of praise.
- Give your baby encouragement.
- Have patience.
- Offer your baby a wide variety of tastes and textures.

Good eating habits start early. It is up to you to show your baby how.

How Much Your Baby Eats

If you have a very active baby, you may notice a slowing down of weight gain. That's because your baby is using more calories for constant activity. Just because your baby is not gaining as much weight as before doesn't mean he or she is unhealthy. A fat baby is not necessarily a healthy baby. At this age,

babies should be developing muscle tissue, not fat.

Worrying about what your baby eats or doesn't eat will only make both of you nervous. Don't expect your baby to clean his plate or to eat just one more mouthful. Trust your baby to be the best judge of how much to eat.





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Creating healthy eating
habits from the start.



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1 Year Old—What, When and How Much

Most health authorities recommend that a baby should be at least 1 year old before whole milk is given. Until your baby is 1 year old, breast milk or formula is the only milk you should feed your baby.

At 1 year old, you should be serving your baby several small servings from each of the following food groups over a 2 day period.

- Vegetables and fruits
- Meat, fish, poultry, egg yolks

- Cheese, yogurt, cottage cheese
- Bread, crackers, cereal, rice, spaghetti

Your baby doesn't have to eat something from every food group at every meal. It is important that your baby eat something from each food group over a two day period.

Offer food to your baby when he or she is hungry. Do not offer food just to keep your baby quiet when he or she is upset about something else. This will teach bad eating

habits that can affect them for a lifetime. Try to find the cause of problems and solve them without using food as a pacifier.



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