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 very 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.

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.

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.

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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 your 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.

**Try finger foods:**
- Small pieces of soft tortilla.
- Mashed tofu.
- Small pieces of cooked, ground meats. Remove all bones and tough parts.

#### 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.