

9-12 Month Old Feeding Handout

When Your Baby Can...	Your Baby Is Ready For You To...	Good Foods To Offer...
<ul style="list-style-type: none"> • Use fingers to feed self. • Hold a spoon. • Attempt to hold cup be self. • Bite and chew food. • Note: Teeth are not needed to be ready to eat solid foods. 	<ul style="list-style-type: none"> • Offer pieces of soft or lumpy foods. • Allow self-feeding with fingers or spoon. • Encourage drinking from a cup. • Provide breastmilk and/or formula. Whole milk is recommend <u>after</u> your baby's first birthday. 	<ul style="list-style-type: none"> ➤ GRAINS AND CEREALS <ul style="list-style-type: none"> • Whole-grain finger foods – pieces of bagel, dry toast strips, rice, roti, noodles, cooked pasta, flatbreads, cereal, and unsalted crackers ➤ VEGETABLES AND FRUIT <ul style="list-style-type: none"> • Bite-size pieces of soft, cooked vegetables. • Bite-size pieces of soft, ripe fruit – bananas, peaches, kiwi, cantaloupe, and avocado. ➤ MEAT AND ALTERNATIVES <ul style="list-style-type: none"> • Bite-size pieces of tender meat, fish, cooked beans, and tofu. • Peanut butter or other nut butters thinly spread on small pieces of whole grain bread or crackers* ➤ MILK PRODUCTS <ul style="list-style-type: none"> • Plain yogurt • Cottage cheese • Shredded cheeses

- ***If a sibling or parent is allergic to peanuts or tree nuts, or if your infant has had any previous food allergies or suffers from atopic dermatitis/eczema (severe dry skin), please discuss with your pediatric provider before starting these foods.**

Some of the material used in this handout is from Loving Care, published by the Nova Scotia Health Department. See novascotia.ca/dhw/lovingcare/.