



## FEEDING AN OLDER INFANT

Your baby wants to explore by crawling and is also ready to try different foods and textures! It may be time to start soft chopped fruits and vegetables, tofu, cheese, and even yogurt mixed with fruit.

### DEVELOP MEAL AND SNACK ROUTINES

- › Babies like to sit in a highchair at the table with family. Be patient, eating can be messy. It is how babies learn.
- › Start teaching baby to drink from a small open cup, not a sippy cup. It takes practice. Offer water, breastmilk, or formula in a cup during meals and snacks. As baby learns to drink from a cup, they will drink less from a bottle.
- › Offer 4 to 8 ounces of plain water each day in a cup. Protect baby's teeth and health by avoiding juice, sweet drinks, soda, and sport drinks.
- › Offer a variety of vegetables and fruits.
- › Teach baby to like the flavors of foods without added sugars, salt, and fat.

Babies like to use their hands to explore foods. That is how they learn to like healthy foods. When baby is ready, let them start feeding themselves with a spoon or their hands.

#### Here are some good finger foods:

- Small pieces of peeled soft fruits and soft cooked vegetables
- Small pieces of cooked meat, chicken, or turkey
- Mashed cooked beans, egg, or tofu
- Small pieces of toast, unsalted crackers, or soft tortilla
- Small slices of cheese
- Cut-up cooked noodles or rice



### Help keep baby safe:

- Wash your hands and baby's hands before you fix food or feed them.
- Feed from a bowl, not from a jar or container. Throw out any food left in the bowl. Refrigerate any food left in jars or containers, and throw it out if not eaten in 2 days.

## SAMPLE MENU

Continue to breast/chestfeed or feed formula throughout the day. Offer baby small amounts of water at meals and between meals. Here are some ideas for meals and snacks.

### BREAKFAST

- 2-4 Tbsp. chopped melon
- ½ boiled egg, chopped

### AFTERNOON SNACK

- 2 Tbsp. cereal "O's"
- 2-4 Tbsp. chopped soft mango

### MORNING SNACK

- 2-4 Tbsp. chopped, cooked pieces of bell pepper
- 2-4 Tbsp. baby cereal

### SUPPER

- 1-2 Tbsp. soft, mashed pinto beans or chick peas
- 2-4 Tbsp. chopped soft broccoli
- 2-4 Tbsp. rice

### LUNCH

- 1-2 Tbsp. baby food meat or small pieces of cooked meat
- 2-4 Tbsp. chopped cooked carrots
- 1 slice of avocado, cut into cubes
- ¼ of a whole wheat flour tortilla, cut in pieces

### BEFORE BED

- Small piece of cheese
- 2-4 Tbsp. diced pears

