



## CHOOSING MEATS & TEXTURES

As your baby grows and learns new eating skills, they will love trying different textures and flavors. Remember, your baby will still get most of their nutrition from human milk or formula for the first year of life — even after starting solid foods.

### TEXTURE

**Your baby will move from puréed foods to foods with more texture as they grow.** Offer soft, mashed foods with tiny lumps when your baby can chew from side-to-side (not just up and down).

Try these foods:

- Cooked noodles
- Mashed, cooked whole peas
- Applesauce
- Mashed potatoes
- Ground meat
- Crackers
- Soft cooked vegetables
- Dry cereal
- Soft ripe fruit pieces
- Canned fruit

### MEATS

- Choose plain, puréed baby food meats. They have more protein than mixed dinners. For example, it takes several jars of chicken noodle dinner to equal the protein in 1 jar of strained chicken.
- If you choose table meat, grind or finely chop it and add mashed or puréed vegetables or fruit, water, human milk, or formula to it. The meats will be easier to eat this way.
- Try one new meat at a time to make sure it agrees with your baby.
- Offer other protein foods such as mashed beans, eggs, yogurt, cottage cheese, or cheese.



## FEEDING PLAN

Choose the column that is best for your baby.

Continue to breast/chestfeed or feed formula throughout the day. Offer baby small amounts of water at meals and between meals. Your baby may eat more or less than this. Let baby decide how much is enough. Some days baby will eat more because of little “growth spurts.”

MEAL/ SNACK	PURÉED FOODS	MASHED FOODS	GROUND/FINELY CHOPPED FOODS
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>• 2-3 Tbsp. puréed fruit</li> <li>• 2-4 Tbsp. infant cereal</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 Tbsp. mashed fruit</li> <li>• 2-4 Tbsp. infant cereal</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 Tbsp. chopped soft fruit</li> <li>• 2-4 Tbsp. infant cereal</li> </ul>
<b>SNACK</b>	<ul style="list-style-type: none"> <li>• Human milk or formula or water in a cup</li> </ul>	<ul style="list-style-type: none"> <li>• 2 oz. water in a cup</li> <li>• Mashed fruit or dry cereal</li> </ul>	<ul style="list-style-type: none"> <li>• 2 oz. water in a cup</li> <li>• 1-2 crackers or ½ slice toast</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>• 2 Tbsp. cooked puréed vegetable</li> </ul>	<ul style="list-style-type: none"> <li>• 2 Tbsp. mashed vegetable</li> <li>• 1-2 Tbsp. meat (strained, ground, or chopped)</li> </ul>	<ul style="list-style-type: none"> <li>• 2 Tbsp. cooked chopped vegetable</li> <li>• 1-2 Tbsp. meat (ground or chopped)</li> </ul>
<b>SNACK</b>	<ul style="list-style-type: none"> <li>• Human milk or formula or water in a cup</li> </ul>	<ul style="list-style-type: none"> <li>• 2 oz. water in a cup</li> <li>• Mashed fruit or dry cereal</li> </ul>	<ul style="list-style-type: none"> <li>• 2 oz. water in a cup</li> <li>• Dry cereal or finely, chopped fruit or cooked vegetable</li> </ul>
<b>SUPPER</b>	<ul style="list-style-type: none"> <li>• 2 Tbsp. cooked puréed vegetable</li> <li>• 1-2 Tbsp. puréed meat</li> </ul>	<ul style="list-style-type: none"> <li>• 2 Tbsp. cooked mashed vegetable</li> <li>• 1-2 Tbsp. meat (strained, ground, or chopped)</li> <li>• 2 Tbsp. mashed fruit</li> </ul>	<ul style="list-style-type: none"> <li>• 2 Tbsp. cooked chopped vegetable</li> <li>• 1-2 Tbsp. meat (ground or chopped)</li> <li>• 2 Tbsp. chopped soft fruit</li> </ul>

