

# BABY FOODS TO FINGER FOODS

## Baby Foods

When is baby ready?

- 4-6 months old
- Has good head and neck control
- Is able to sit upright with support
- Opens mouth in expectation of food



## What to feed

4-7 months	<ul style="list-style-type: none"><li>• Iron fortified infant rice or oatmeal cereal mixed with formula or breast milk</li><li>• Stage 1 pureed fruit or vegetables: sweet potatoes, green beans, peas, acorn or butternut squash, apples, pears, prunes, avocado, banana</li></ul>
8-12 months	<ul style="list-style-type: none"><li>• Pureed meats: chicken, turkey, beef</li><li>• Stage 2 fruits and veggies: carrots, zucchini, broccoli, cauliflower, white potatoes, peppers, peaches, blueberries</li><li>• Plain whole milk yogurt</li><li>• May be time to start adding <b>finger foods!</b> (see next page)</li></ul>
Special considerations	<ul style="list-style-type: none"><li>• Introduce one new food at a time, waiting 3-5 days before adding another new food to watch for allergic reactions.</li><li>• Do not feed baby directly from a baby jar unless the entire jar will be eaten. Baby's saliva carries germs which can grow in the jar.</li></ul>

## Roasted Acorn Squash Puree

### Description:

- Make your own baby food: pureed acorn squash. Yield 3 cups.

### Ingredients:

- 2 acorn squash, 5 inches in diameter, halved.
- 3 tbsp extra virgin olive oil
- 2 tbsp low sodium chicken broth, warmed

### Directions:

- Preheat oven to 450 degrees F. Place squash halves cut side up, brush with oil, then wrap in aluminum foil, bake for 30-40 minutes. Scrape the flesh from the peel and transfer to a blender or food processor. Add the warmed chicken broth and blend.

### Storage:

- Cool pureed baby food to room temperature. Serve immediately or keep in refrigerator for up to two days. To freeze scoop into a labeled ice cube tray and cover with lid. Freeze for 24 hours, once firm pop out all cubes from each tray into freezer bags, label and store for up to 8 weeks.

# BABY FOODS TO FINGER FOODS

## Finger Foods

Baby is ready for finger foods between 9-12 months old. Signs of readiness are if baby: is able to grasp foods between forefinger and thumb, has some teeth, seems less interested in pureed foods, seems more interested in table foods, and seems hungry more often.

### First finger foods

Fruits and Veggies	<ul style="list-style-type: none"><li>• Soft cooked or canned pears, peaches, apples, peas</li><li>• Mashed potatoes, mashed banana, watermelon</li></ul>
Grains	<ul style="list-style-type: none"><li>• Cheerios, soft flaky crackers, soft cooked pasta, toasted bread</li></ul>
Proteins	<ul style="list-style-type: none"><li>• Shredded cheese, cottage cheese, small pieces of tofu, well cooked ground meats, shreds of thinly sliced, low sodium deli meats</li></ul>
Milk	<ul style="list-style-type: none"><li>• Start offering a sippy cup around 9–10 months to prepare to wean from bottle by 12 months—offer formula breast milk or water in the cup. Wait until 12 months of age to replace formula or breast milk with whole milk.</li></ul>

### Choking Hazards

#### Foods to avoid:

- Hard and raw fruits and vegetables
- Grapes, cherries, berries
- Dried fruits, like raisins
- Peanuts, nut butters, seeds
- Chunks of cheese or meat
- Hot dogs, sausages
- Untoasted bread and white bread
- Popcorn, pretzels, chips
- marshmallows
- Candy (hard, chewy, or gum)

### Allergens

#### Signs of an allergic reaction:

- Rash
- Gas, diarrhea, fussiness (may also be signs of other problems)
- Breathing problems and hives (seek immediate medical attention)

#### Foods to avoid until baby is 1 year old:

- Eggs, cows milk, citrus fruits and juices, honey

#### Foods to avoid until baby is 3 years old:

- Fish and seafood, peanuts, tree nuts, nut butters (peanut, soy, almond)

### Additional information:

[www.kidshealth.org](http://www.kidshealth.org) for information on nutrition, fitness, and recipes

[www.healthychildren.org](http://www.healthychildren.org) for information on feeding and nutrition for babies 0-12 months

<http://healthy-family.org> for more information on allergies

Splichal, J., & Splichal, C. (2008). *Everyday recipes for healthy infants and toddlers: Feeding baby*. Berkely, California: Simon and Schuster (12-18).