

Finger Foods

Around 9 months of age, babies are ready to pick up food and feed themselves. Allow babies to learn about food by touching it.

✓ Puffed wheat

✓ Whole wheat crackers



✓ Toasted oats (Cheerios™)



✓ Cottage cheese



✓ Banana (bite-size)



✓ Cooked beans or lentils



✓ Toast (bite-size)



✓ Cheese slices

✓ Hard cheese (grated)



✓ Tofu (bite-size)



✓ Soft fruit (bite-size)



✓ Cooked vegetables (bite-size)



✓ Cut-up casserole (cooked)

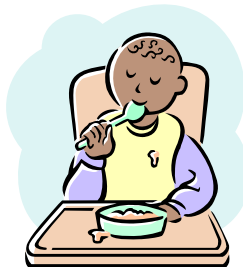
✓ Grated carrots



✓ Cooked pasta



A food that can be easily squished between your fingers is safe for baby to eat.



Baby should sit while eating.

Don't give these foods to your baby. They can cause choking. Wait until 4 years of age!

✗ Raw vegetables	✗ Raisins
✗ Hard or unpeeled fruit	✗ Popcorn
✗ Nuts	✗ Grapes (unless cut in 4)
✗ Sunflower seeds	✗ Gum or candy
✗ Fish with bones	
✗ Hot dogs (unless thinly cut in 4 strips)	

