

Feeding the Baby For the First Year

Babies grow quickly during the first year of life and make many changes in the types of foods and textures of foods they are able to

eat. As babies grow and develop, watch for the following signs which will tell you when they are ready for a new food.

BABIES AGE:

WHEN BABIES CAN:

SERVE:

Birth through 3 Months



- Only suck and swallow

LIQUIDS ONLY

- Breastmilk
- Infant formula with iron

4 months through 7 months



- Draw in upper or lower lip as spoon is removed from mouth
- Move tongue up and down
- Sit up with support
- Swallow semisolid foods without choking
- Open the mouth when they see food
- Drink from a cup with help, with spilling

ADD SEMISOLID FOODS

- Infant cereal with iron
- Strained vegetables*
- Strained fruit*

**may be started later in the age range*

8 months through 11 months



- Move tongue from side to side
- Begin spoon feeding themselves with help
- Begin to chew and have some teeth
- Begin to hold food and use their fingers to feed themselves
- Drink from a cup with help, with less spilling

ADD MODIFIED TABLE FOODS

- Mashed or diced soft fruit
- Mashed or soft cooked vegetables
- Mashed egg yolk
- Strained meat/poultry
- Mashed cooked beans or peas
- Cottage cheese, yogurt, or cheese strips
- Pieces of soft bread
- Crackers
- Breastmilk, iron-fortified formula, or fruit juice in a cup