

FEEDING YOUR BABY

6 TO 12 MONTHS



CHANGING NUTRITION NEEDS

Continue to offer human milk, formula, or a combination of both through the first year. This will still be your baby's main source of nutrition over the next few months.

These human milk and formula amounts are common guidelines if you are using bottles or cups. Your baby may drink more or less than the amounts listed and may drink anywhere from 2 to 8 ounces at a time.

6-8 MONTHS

29-40 oz/day

8-12 MONTHS

24-30 oz/day

MAKE MEALTIME FAMILY TIME

Prioritize family meals.

Start a routine for meals and snacks by bringing baby to the table in a highchair or booster seat. They learn from you.

Focus on your baby.

Turn off devices and tell baby about the foods they are eating. They love to watch and listen.

Trust baby's appetite.

They will let you know when they've had enough by pushing food away, closing their mouth or turning their head.

Embrace the mess.

Babies need time and practice to learn to eat different foods and textures. If they start throwing food, it may mean they are done.

Start with small portions.

They will ask for more by reaching, pointing, opening their mouth or getting excited when they see food.

WHAT TO EXPECT...AT 6 MONTHS

Your baby is ready to start solids around 6 months old and showing the signs below.

- Sits with little help.
- Holds head steady.
- Reaches to grab what they want.
- Shows interest and opens mouth for food.
- Stops pushing objects out of mouth with their tongue.
- Closes their lips to show they don't want any more food.





FIRST BITES

There are many ways to start solid foods. Baby may like eating pureed foods from a spoon or just by grabbing food with their own hand. It might be a combination of both.

- Prepare and mash foods then add to spoon. Give the spoon to baby and see how they do, or feed them yourself.
- Cut soft ripe fruit and cooked veggies into long strips, sticks or spears for your baby to pick up with their hand.
- The cut foods should be three inches long or about the size of your pinky finger.

Ask yourself: Can I easily squish the food between my thumb and finger? If yes, it's ready for baby!

Follow your baby's lead.

Some babies pick up and taste finger foods at 6 months of age. Some babies need more time to practice.

Your baby might not eat much right away.

Finger foods help your baby explore new tastes and textures and how to chew and swallow foods.

Let your baby play.

They learn how to eat by touching, smashing and tasting their food.

DRINKING FROM A CUP

Offer small amounts of plain water, up to 4-8oz per day, when starting solid foods. Your baby only needs human milk, formula or water until they are one year of age. Offer these in a small open cup without a lid.

Using a cup helps develop your baby's teeth, mouth and speech. It takes time to learn to use a cup – help them until they are able to use it on their own. Your baby might be more interested if they can see and smell what is in the cup.

Start brushing baby's teeth with a child-sized toothbrush morning and night.



Do not give juice, soda pop or other sweet drinks.



LET'S EAT

Babies don't need teeth to chew. They can chew soft food with their gums.



Carrots
Steam or roast until soft, cut into strips.

Herbs and spices are a great way to introduce more flavor! Don't add salt or sugar to foods.



Cucumber
Peel and cut into small sticks or spears.

Start with small amounts (2-3 tablespoons or strips, up to ½ cup) of fruits, veggies, proteins and grains in a rainbow of colors. Start small and then offer more when your baby wants more.

Chicken
Cook and shred into thin strips.



Try foods in any order and continue to offer them. It may take baby many times (up to 15!) over multiple days or weeks to like the flavors of some foods.



Hard Boiled Egg
Boil and slice into quarters or thin strips.

Banana
Peel and cut into strips or mash with fork.



Offer foods with iron. Babies are born with some iron in their bodies. Around 6 months of age, baby needs to start eating foods like meat, beans, green veggies and iron fortified cereals.

Oats
Pureed.



RECOMMENDED DAILY AMOUNTS (6-9 MONTHS)

FRUITS

2-4 ounces or
4-8 Tablespoons

VEGGIES

2-4 ounces or
4-8 Tablespoons

PROTEINS

1-2 ounces or
3-6 Tablespoons

GRAINS

1-2 ounces or
3-6 Tablespoons

WHAT TO EXPECT...AT 9 MONTHS

Your baby is ready for different tastes and textures around 9 months old and may be showing the signs below.

- Getting to a sitting position by self and sitting without support.
- Picking up food by pinching it between their thumb and finger.
- Can easily chew and swallow small pieces of soft food.
- Moving things from one hand to another.
- Using fingers to 'rake' things.
- Looking for dropped objects or banging things together.
- Looking when you call their name.
- Making several facial expressions like happy, sad, angry or surprised.



DIGGING IN

Around 9 months, baby is ready to dig in! This is the time to move from purees and mashed foods to more chewing of bite-sized finger foods.

Chopped Fruit



Strawberries



Halved-Blueberries



Soft Vegetables

(steam or boil until soft)

Broccoli



Cauliflower



Proteins



Tuna



Cooked Beans

Grains



O-shaped Cereal

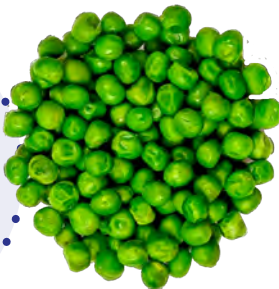
Dairy



Shredded Cheese

LET'S EXPLORE

Make sure you can easily squish the food between your thumb and finger.



Peas
Cooked until soft.

Chicken
Cooked, cut into small pieces or shredded.



Keep adding flavors and textures for baby to explore from all food groups.



Hummus and Pita or Naan
Cut into small strips.



Things might really get messy now!

Soft-cooked Pasta
Choose a shape that is easy to pick up, cook until soft and easy to mash.

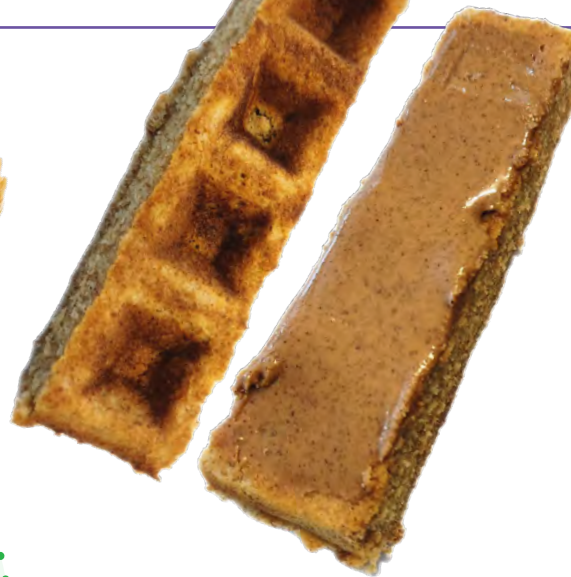


Baby will get better at picking up strips of food.

Sweet Potato
Roast until soft, then peel and cut into strips.



Let them see, smell, touch, and taste foods. This is how they learn.



RECIPE IDEAS

- Cut pancakes or waffles in strips. Add nut butter, purees or blended up fruit or veggies in batter, or spread on top.
- Bake muffins or banana bread using baby fruit and veggie purees. One 4oz container of puree can be used in place of 1 mashed banana or ½ cup applesauce.
- Try noodles or rice with a soft veggie.



RECOMMENDED DAILY AMOUNTS (9-12 MONTHS)

FRUITS

4-6 ounces or
½ - ¾ cup

PROTEINS

2-4 ounces or
¼ - ½ cup

VEGGIES

4-6 ounces or
½ - ¾ cup

GRAINS

2-4 ounces or
¼ - ½ cup

WHAT TO EXPECT...AT 12 MONTHS

By the time your baby is 12 months old, most food will come from the family table.

- Drink from a cup without a lid.
- May have a certain way to tell you they are full or done with a meal or snack.
- Put something in a container.
- Understand 'no' (pause or stop briefly when they hear it).
- Play games with you, like peek-a-boo.
- Pull up to stand and walk by themselves or holding furniture.



IRON IS IMPORTANT

Iron is important the whole time your baby is growing.

Getting enough iron helps your baby

- Grow strong.
- Have energy.
- Stay healthy.
- Form brain connections for learning.



Eating foods containing iron and vitamin C together can help your body better absorb the iron.

Samples of Iron Foods



Scrambled Eggs



Cooked & Shredded Fish



Pureed Meat on Toast



Oats or Infant Cereal



Cooked Beans



Tofu

LET'S EXPAND

Use infant cereal and baby fruit, vegetable and meat purees in new ways. They add vitamins and minerals to your family's meals.

Add to Veggie Side Dishes.



Add to Breakfast Dishes.



Scramble with Eggs.



Stir into Pasta.

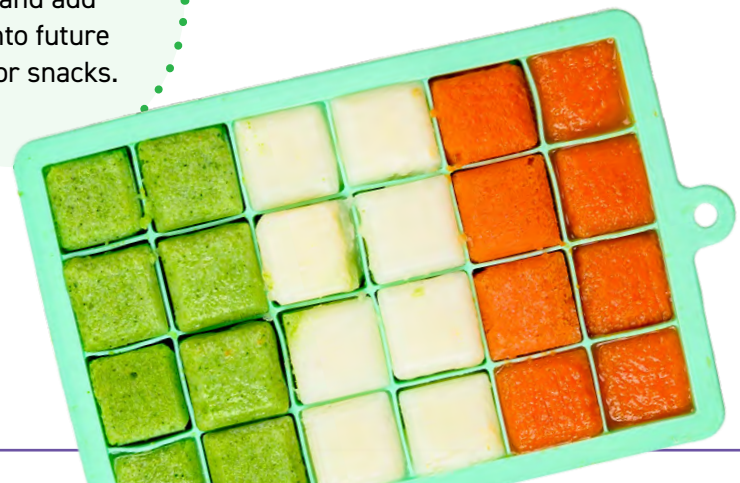
Stir into Soups.



Add to Main Dishes.



Freeze purees to make them last longer and add them into future meals or snacks.



KEEPING BABY SAFE

GAGGING AND CHOKING

Gagging is a normal response to new tastes and textures. It's important to stay with baby while they learn to chew and swallow.

Gagging is spluttering, coughing and spitting food out - yet able to move air and food around.

Choking is when something is stuck in the airway and needs immediate attention. Typically, there is little sound when choking, because the airway is blocked.

A choking child may appear

- Panicked.
- Drooling.
- Wide-eyed.
- Skin turning bluish in or around their lips gums, fingernails or eyes.

Ask WIC Staff about local infant CPR classes to keep baby safe.

Avoid Common Choking Hazards

- Whole nuts and seeds.
- Hard, raw vegetables or fruits.
- Round foods like grapes or blueberries.
- Popcorn.
- Hot dogs.
- Large chunks of cheese like string cheese.
- Thick layers or spoonfuls of nut and seed butters.
- Hard and sticky candy.
- Whole dried fruit like raisins.
- Soft sticky bread.



Food Safety Tips

- ✔ Do not give honey or foods made with honey until 1 year old. It can cause serious food poisoning.
- ✔ Wait until 1 year old to give cow's milk as a drink.
- ✔ Heat ready to eat foods like deli meats and leftovers until they are steaming hot. Cool before you feed them to baby.
- ✔ Put your baby's food in a dish. Don't feed from the container. Baby's saliva makes the food spoil faster. Throw away food left in the dish.
- ✔ Opened jars of fruit, vegetable or meat purees need to be refrigerated and used within two days.

ALLERGENIC FOODS

Offer your baby common high allergen foods when starting solids. Feeding these foods early and regularly helps reduce the risk of developing food allergies.

High Allergenic Foods

- Dairy.
- Tree nut.
- Fish.
- Egg.
- Soy.
- Shellfish.
- Peanut.
- Wheat.
- Sesame.



Talk to your health care provider if you have concerns about introducing these foods or if you have a family history of food allergies.

MEAL IDEAS

Breakfast

- Infant cereal mixed with human milk/formula with applesauce.
- Eggs with toasted bread and fruit.
- Waffles with peanut butter and banana.



Snack

- Dry cereal and fruit.
- Peanut butter with strawberry roll up.
- Rice ball with veggie or fruit.



Snack

- Infant fruit or vegetables spread on 1/2 slice of toasted bread.
- Crackers with diced cheese.
- Yogurt, berries and dry cereal.



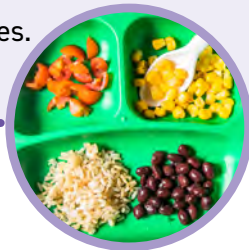
Dinner

- Infant cereal with pureed or soft, cooked broccoli.
- Tuna with pasta and cooked peas.
- Pasta (with ground beef and shredded cheese) and broccoli.



Lunch

- Infant meat, like chicken, and soft-cooked green beans.
- Chicken noodle soup with cooked carrots.
- Cooked rice and black beans with vegetables.





Learn more about your baby's changing needs by completing online lessons at www.wichealth.org.

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