

When I am ready, around 9 or 10 months olds, I can start feeding myself! I am learning to use my thumb and fingers to pick up small things.

Start with very small pieces of soft foods.

Let your baby practice feeding themselves. Let them touch and play with their food. It'll be messy but that's how they learn!

Your baby's stomach is still small. Give your baby small amounts of foods to start with. Babies are good at knowing when they're hungry and when they're full. Let them decide how much they want to eat.

Give your baby different foods to try. Don't worry if they don't like something the first time they try it. Offer it again in a few days.

Have your family sit together at the table when you eat. Your baby can sit in a high chair or booster seat at the table.

Your baby will probably eat most of the same foods the rest of your family eats. by the time they're 1-year-old. Offer 3 meals each day (breakfast, lunch, and dinner), and a snack in between meals.

Don't give me foods I could choke on, like hot dogs, nuts, seeds, popcorn, chips, whole grapes, raisins, raw vegetables, spoonfuls of peanut butter, chunks of meat, and candy.



finger foods

starting around 9 months



Papaya chopped

Here are some healthy choices for me!
Start with one or two tablespoons of each food.
Let me ask for more.

Keep this list

on our refrigerator for quick finger food ideas at breakfast, lunch, dinner or snack time.

Go to the First Foods database to learn:

- how to cut foods for your baby.
- when you can give certain foods to your baby.
- which foods your baby may choke on and how to prevent it.
- more information about how to serve your baby foods.

Open the camera on your phone and scan the QR code or visit solidstarts.com/foods/.



2023

First Foods database is a free web page and app. Solid Starts provides additional services for purchase which are not endorsed by the Utah WIC Program.

I can eat finger foods

starting around 9 months



finger foods

starting around
9 months old



Papaya chopped

Here are some healthy choices for your baby!
Start with 1 to 2 tablespoons of each food.
Let your baby ask for more.



Meatballs
in small pieces



Tangerine
chopped



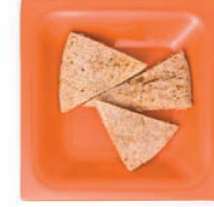
Green beans
cooked



Brown rice



Zucchini
cooked



Pita bread



Ripe melon



Beans
cooked and mashed



Apple
shredded



Sweet potato
cooked and peeled



Cherry tomatoes
in small pieces



Grapes
sliced



Cheese
diced



Whole grain toast with
baby food fruit spread



Macaroni and
cheese



O-shaped
cereal



Hard-boiled egg
chopped



Kiwi
chopped



Soft quesadilla
in small pieces



Banana
chopped



Tofu
chopped



Avocado



Grilled cheese
in small pieces



Carrot
well-cooked and diced



Mixed vegetables
cooked



Broccoli
in small pieces and cooked



Graham crackers
*avoid honey flavors
until 12 months