

Starting Finger Foods

At six months, your baby is ready for solid foods. Providing a variety of soft textures and finger foods at six months of age will help baby get the nutrients she needs.

Try the following textures using tender-cooked foods:

- Lumpy
- Mashed
- Finely minced
- Ground
- Pureed
- Chopped

Offering finger foods allows babies to feed themselves and to pace their eating. Allowing baby to feed herself is important for development. To help baby grow into a healthy eater:

- include baby in family mealtimes and make eye contact with baby,
- minimize distractions during meals and feedings,
- let baby decide how much to eat from what you have offered, and
- trust when baby shows signs that she has had enough by turning head away or refusing to eat.



No teeth? No problem!

Finger foods can be offered to babies without teeth as long as the foods are soft and easy to break down into smaller pieces.

Vegetables and Fruit

- Soft, ripe, peeled fruit (e.g., chopped peach, pear, banana, kiwi, melon)
- Soft, cooked vegetables (e.g., carrot, broccoli, cauliflower, potato, sweet potato, zucchini, squash)
- Soft, cooked or poached fruit (e.g., apple, pear)
- Grapes cut in quarters
- Grated, raw vegetables and fruit (e.g., apple, carrots, pear, zucchini)
- Chopped, canned fruit or vegetables (without added sugar or salt)

Grain Products

- Cooked whole grain pasta (e.g., shells, twists, macaroni, penne)
- Dry cereal (e.g., bran flakes, unsweetened O-shaped cereal)
- Whole grain toast, bread squares or strips
- Whole grain, unsalted crackers
- Soft, cooked whole grain rice
- Homemade muffin torn into small pieces
- Whole grain bagels sliced into small pieces

Milk and Alternatives

- Grated or small cubes of pasteurized cheese

Meat and Alternatives

- Soft, cooked beans and legumes
- Chopped hard cooked egg
- Tofu cubes
- Meatballs or small strips of meatloaf
- Finely chopped meat or fish
- Peanut or nut butters spread thinly on whole grain toast strips or whole grain crackers

Keep Baby Safe

Avoid offering these foods, which can cause choking in children less than four years of age:

- Hot dogs, sausages
- Marshmallows
- Popcorn
- Whole nuts and seeds
- Nut butters on a spoon or soft bread
- Raisins
- Raw, hard fruits or vegetables, unless grated
- Fish with bones
- Hard candies
- Cough drops
- Gum, gummy candies, and gummy vitamins
- Foods with toothpicks or skewers

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