**FOOD APPROPRIATE FOR BABIES**

**9 MONTHS TO ONE YEAR**

* *Offer foods that the child may pick up.*
* *Texture becomes of great interest at this point.*

|  |  |
| --- | --- |
| Orange sections, peeled and loose membrane removed  Peaches, ripe and peeled  Egg (whole: hard boiled, scrambled or poached)  Cheese  Cooked soft vegetables  Avocado  Pasta (with or without sauce) | Egg noodles  Rice Toast  Bagels  Tender meats: some beef, lamb, veal  Fish  Soft cooked pieces of chicken or turkey |

Most babies with 2-4 teeth are more receptive to lumpier foods. Regardless of age, babies do not need teeth to chew, gums do an adequate job on soft food. More chewy fruits and vegetables should be added as more teeth erupt. It is easy to drift into the habit of serving only soft fruits and vegetables and to perpetuate such practices as peeling apples. However, it is wise to gradually increase the chewy foods as the chewing ability increases.

NO HONEY UNTIL THE CHILD IS OVER 12 MONTHS OF AGE.