I can eat finger foods

starting around 9 months

When I am ready, around 9 or 10 months, 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.

Give me lots of practice feeding myself. Let me touch and play with my food. I am messy when I eat. This is how I learn!

Offer me small servings of foods. My stomach is little. Let me decide how much to eat. I know if I am hungry.

Let me try different foods. If I don't like something at first, don't worry. Still offer me a little bit next time..

Let me eat with our family. I can sit in a high chair or a booster seat at the table.

By the time I am one year old, I will probably eat most of our family foods. Feed me breakfast, lunch and dinner, with snacks in between.

Don't give me foods that I can choke on such as: raw hard vegetables, whole grapes, spoonfuls of peanut butter, chips, nuts, popcorn, hot dogs, chunks of meat, and hard candy. Once I turn one year old, stay close by if you give me dried fruits.

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.

Meatballs
in tiny chunks

Tangerine
chopped

Green Beans
cooked

Brown Rice

Zucchini
cooked

Pita Bread

Mixed Vegetables
cooked

Ripe Melon

Beans
cooked and mashed

Apple
shredded

Sweet Potato
cooked and peeled

Cherry Tomatoes
in small bits

Grapes
sliced

Graham Crackers
(avoid honey types until 12 months)

Cheese
diced

Whole Grain Toast with Baby Food Fruit Spread

Macaroni and Cheese

O-shaped Cereal

Hard-boiled Egg
chopped

Kiwi
chopped

Broccoli
in small pieces cooked

Soft Quesadilla
in small pieces

Banana
chopped

Tofu
chopped

Avocado

Grilled Cheese
in small pieces

Carrot
well-cooked and diced

Keep this list

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

OKLAHOMA State Department of Health | WIC Women Infants and Children

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