



## B A B Y F O O D C H A R T

**4 to 6 months**

### M E A T / P O U L T R Y / B E A N S

Must be cooked and mashed.

**After 6 to 9 months**

Must be cooked and minced

**After 9 to 12 months**

Must be soft and shredded.

### C E R E A L S

Use single-grain cereals. Must be cooked and ground.

No cereals.

No cereals.

### F R U I T S

Must be mashed. Bananas or avocados are good for baby.

Must be sliced up. Can use bananas or any soft fruits.

Must be in small sizes, soft and easy to chew.

### V E G G I E S

Must be cooked and mashed.

Must be cooked and chopped into bite-size pieces. Give baby variety.

Must be cooked and in small sizes.

*Do not give baby honey, cow milk, grapes, nuts, seeds, raisins, peanut butter, hard candy, chunks of meat or poultry, hard or raw veggies or fruits and hot dogs. Keep baby on breast milk or formula for at least another 12 months.*