



I can eat  
**finger**  
**foods**



**When I am ready, I can start feeding myself some finger foods. Around 6 to 8 months, if I can hold something small between my thumb and forefinger, I may be ready.**

***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. 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.



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



Papaya *chopped*



Meatballs  
*in tiny chunks*



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 bits



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  
cooked



Graham Crackers  
(avoid honey types  
until 12 months)



**California Department of Public Health, California WIC Program**

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