

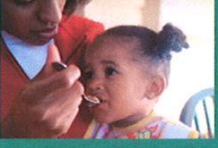






Infant and Toddler Feeding Chart



Solid Foods

	WHEN YOUR CHILD...	HE IS READY FOR...
	<ul style="list-style-type: none"> • Cuddles • Roots for the nipple • Sucks 	Nipple-feeding from the breast or bottle
	<ul style="list-style-type: none"> • Sits up - alone or with support • Opens his mouth for the spoon • Closes his lips over the spoon • Keeps most of the food in his mouth • Swallows 	Nipple-feeding from the breast or bottle Step 1 food: Mushy food that you feed from the spoon
	<ul style="list-style-type: none"> • Picks up food but can't let go • Keeps food in mouth instead of swallowing right away • Moves the food to his jaws • Munches the food 	Breast milk or formula from the nipple or cup Step 2 food: Thicker, lumpier food that you feed from the spoon
	<ul style="list-style-type: none"> • Closes his lips around the rim of the cup • Picks up food, puts it in his mouth • Bites off food • Chews • Gags some but doesn't choke (if he's gagging he can breathe) 	Breast milk, formula or juice that you give him from the cup Step 3 food: Small pieces of soft finger food and foods he bites or breaks off with his gums
	<ul style="list-style-type: none"> • Uses his fingers to pick up food • Can chew and swallow • Takes an interest in the family table 	Whole pasteurized milk from the cup Step 4 food: Easy-to-chew and easy-to-swallow table food
		
		

<p>Step 1: Mushy food you feed from the spoon</p> <ul style="list-style-type: none"> • Iron-fortified baby rice or barley cereal mixed with breast milk or formula • Fruits and vegetables that are finely fork-mashed, pureed or put through a baby-food grinder • Baby food you buy in the store <p>Your ideas:</p>	<p>Step 2: Thicker, lumpier food you feed from the spoon</p> <ul style="list-style-type: none"> • Fruits and vegetables that are coarsely mashed • Mashed potatoes, refried beans and sticky rice • Toddler food that you buy in the store <p>Your ideas:</p>
<p>Step 3: Small pieces of finger food he feeds himself; foods he bites or breaks off with his gums</p> <ul style="list-style-type: none"> • Cut-up cooked vegetables, fruits and casseroles • Cut-up raw bananas or peaches • Tender chopped meats • Cheerios or Corn Chex • Bread squares, toast strips, tortilla strips • Graham crackers <p>Your ideas:</p>	<p>Step 4: Table food that is easy to pick up, chew and swallow</p> <ul style="list-style-type: none"> • Everything adults eat except food that might make him choke • Whole pasteurized milk • Juice in a cup <p>Your ideas:</p>

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