

## Helpful Hints: Let's Eat!

Oh, how time flies! Your child is always growing and changing. It is important to support their development with the addition of new toys, new experiences, and new foods. Below is a guideline of when and what new foods can be introduced to your child.

	5-7 months	7-9 months	9-10 months	10-12 months	12-15 months
SNACKS		cheerios kix veg/fruit puffs	graham crackers vanilla wafers saltines Ritz	animal crackers gold fish	pretzels wheat thins
MEALS	baby cereal stage 1,2 dinners	stage 3 dinners	bread with jelly crackers with soup pancakes waffles lunch meat	grilled/cold cheese sandwich ravioli mac and cheese cheese pizza pasta/spaghetti pierogies	hot dogs chicken nuggets baked chicken ground beef tuna
VEG/FRUIT	stage 1,2,3 fruit stage 1,2,3 vegetable	canned carrots canned pears mashed potatoes mashed sweet potatoes creamed spinach applesauce	canned or very cooked vegetables cranberry sauce red beets cantalope watermelon kiwi banana honeydew sweet potatoes white potatoes	asparagus peas tomatoes lima beans broccoli peaches	cucumbers apples

\* all foods cut as needed