

Discovering food with your baby

Smooth, thick,

Cooked, mashed Ripe, soft, mashed

Chewed, mashed chunkier Small, soft finger foods

Small, soft finger (Avoid foods that foods

can cause choking. Examples: raw vegetables, grapes, hot dog pieces, candies)











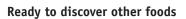




Birth







6 months

Iron-rich food every day

- -Country food
- -Cooked meat
- -Baby cereal







Foods from the four food groups



If not breast-fed, choose

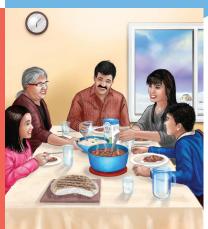








1 year



Ready to eat like the rest of the family

Iron-rich food every day





Vitamin D drops every day



