

8 to 10 months	May try to self feed, pincer grasp, moves jaw in a chewing motion	Breast milk/formula, Baby cereal, Bread/crackers, Fruits/vegetables (Stage 3), cooked mashed table food, cottage cheese, yogurt, Finger foods (dissolves), Protein: egg yolk, pureed meats/poultry/boneless fish, tofu, mashed beans	Breast milk/formula: 3-4 times per day, 6 to 8 oz servings. Grains: 1 to 2 times per day, 2 to 4 tbsp. servings. Fruits & veggies: 3 to 4 times per day, 3 to 4 tbsp servings. Meat: 1 to 2 times per day, 3 to 4 tbsp servings	Introduce new foods one at a time, waiting at least 3 days in between. Advance to Stage 3 (mixed textures). Start with quick dissolves (Gerber lil crunchies, Gerber puffs, Veggie sticks, Mum-Mums) Choking hazards: grapes, hot dogs, nuts, marshmallows, hard breadsticks
10 to 12 months	Grabs/tries to use spoon, swallows food more easily, has more teeth.	As above PLUS: fruit cut into cubes or strips, bite sized soft cooked vegetables, combo foods such as mac n cheese and casseroles, finger foods (lightly toasted bread/bagels, small pieces of banana, spiral pasta, teething crackers)	As above	Introduce foods one at a time, waiting at least 3 days in between. Advance to soft mechanicals (well cooked veggies/pasta, Graduate diced fruits, Waffles/pancakes/toast). Choking hazards: grapes, hot dogs, nuts, marshmallows, hard breadsticks
12 months and older	Infant can drink from cup (weaned from bottle). Feed self finger foods, can stand and walk with one hand held.	As above, variety of foods. Now can include whole egg, Citrus juices (orange juice) and whole milk.		Continue to have meals in a high chair /at the table. Do not allow your child to walk around and eat small amounts of food frequently (grazing).
Avoid honey (botulism) and some syrups	Avoid egg white until 12 mos. Egg yolk ok at 6-8 months	Avoid peanuts/peanut products and treenuts until 2 years (3 years of age if family history of allergy).	Avoid shellfish until 2 to 3 years of age.	Experts now believe postponing these foods doesn't prevent food allergies. However, we advise you hold off on these foods at least until one year (choking hazards). Discuss with pediatrician any concerns you have regarding these foods.

SAMPLE DIET 8-10MOS		
BREAKFAST (6-8am)	Cereal	Formula (8 oz)
SNACK (9am-10am)	Yogurt, Fruits	Infant Juice
LUNCH (11am-12 noon)	Vegetables, Fruits	Formula (8 oz)
SNACK (3pm)	Dissolves (crackers, puffs)	Water
DINNER (5-6pm)	Meat	Vegetables
SNACK (8-9pm)	Formula (8 oz)	