



10 – 12 months

Help Your Baby Learn Healthy Eating



Your baby may be able to help hold her bottle but do not let her take it to bed. She may choke or get ear infections and cavities in her teeth.

Offer 3 meals and 2-3 small snacks at about the same time every day. Eat with your baby. She learns from watching you and you should always stay with your baby while she eats in case she chokes.

Use a small glass or open cup to give sips of breast milk, formula, or water with meals and snacks. Teaching her to drink from a glass makes it easier to wean from the bottle at about 1 year old.

When your baby can sit up and bring things to her mouth, give her finger foods so she can learn to feed herself. Examples:

- *small pieces of banana*
- *well-cooked pasta and rice*
- *well-cooked chicken, very finely chopped*
- *well-cooked and cut up squash, peas, and potatoes*
- *canned or well-cooked dried beans*



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Do not give your baby lots of foods that are made for adults. They often contain more salt and preservatives.

If your baby does not like plain infant cereal, here are some tips:

- *Mix it with applesauce, bananas or any other baby foods*
- *Add it to yogurt*
- *Stir it into pancake mix and make mini-pancakes for her*
- *Add it to mashed avocado*

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Sample Menu:

Breakfast:

1/4–1/2 cup cereal or mashed egg yolk*
1/4–1/2 cup fruit, diced (*for self-feeding*)
4–6 oz breast milk/formula

Snack:

4–6 oz. breast milk/formula or water
1/4 cup diced cheese or cooked
vegetables

Lunch:

1/4–1/2 cup yogurt or cottage cheese or
meat
1/4–1/2 cup yellow or orange vegetables
4–6 oz. breast milk/formula

Snack:

1 teething biscuit or cracker
1/4 cup yogurt or diced fruit
Water

Dinner:

1/4 cup diced poultry, meat,
or tofu
1/4–1/2 cup green
vegetables
1/4 cup noodles, pasta, rice,
or potato
1/4 cup fruit

4–6 oz. breast milk/formula

Before Bedtime:

6–8 oz. breast milk/formula
or water
(If breast milk or formula,
follow with water or brush
teeth afterward)

**babies with a family history of allergies should avoid eggs*

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