

## Suggested Ages and Growth Clues for Adding New Foods

Age	Growth clues for adding foods	Foods to introduce
<b>Birth to 4 months</b>	<b>Baby can:</b> <ul style="list-style-type: none"> <li>• Suck and swallow liquid.</li> <li>• Push tongue out.</li> </ul>	Breast milk * or Iron-fortified infant formula
<b>4 to 6 months</b>	<b>Baby can:</b> <ul style="list-style-type: none"> <li>• Sit with support.</li> <li>• Hold head steady.</li> <li>• Take food off spoon with mouth and swallow it easily.</li> </ul>	Baby cereal <b>First:</b> <ul style="list-style-type: none"> <li>• Rice, then oatmeal or barley.</li> <li>• Feed cereal from a spoon.</li> </ul> <b>Later:</b> <ul style="list-style-type: none"> <li>• Fruit juice with vitamin C.</li> <li>• Use a small cup to give juice.</li> </ul>
<b>6 to 8 months</b>	<b>Baby can:</b> <ul style="list-style-type: none"> <li>• Grab and hold onto things.</li> <li>• Sit without support.</li> <li>• Begin to chew.</li> </ul>	<b>First:</b> <ul style="list-style-type: none"> <li>• Strained, pureed, or mashed cooked vegetables.</li> <li>• Strained or mashed soft fruits. Soft fruits do not have to be cooked.</li> </ul> <b>Later:</b> <ul style="list-style-type: none"> <li>• Strained meat; cooked, mashed dry beans; cooked, finely chopped chicken; cooked, boned fish.</li> </ul>
<b>8 to 10 months</b>	<b>Baby can:</b> <ul style="list-style-type: none"> <li>• Take a bite of food.</li> <li>• Pick up small pieces and feed self.</li> <li>• Use a cup with help.</li> </ul>	<ul style="list-style-type: none"> <li>• Mixed baby cereal may be introduced.</li> <li>• Cooked, mashed egg yolks.</li> <li>• Cottage cheese and yogurt.</li> </ul> <b>Finger foods:</b> <ul style="list-style-type: none"> <li>• Toast squares or crackers.</li> <li>• Small pieces of cooked vegetables and peeled, soft fruits.</li> <li>• Small pieces of cooked, ground meat, chicken, or fish with all bones and tough parts removed.</li> </ul> Continue to introduce new fruits and vegetables to baby, baby will like a variety of foods.
<b>10 to 12 months</b>	<b>Baby can:</b> <ul style="list-style-type: none"> <li>• Chew and swallow soft, mashed foods.</li> <li>• Use a cup.</li> <li>• Begin to use a spoon.</li> </ul>	Small pieces of cooked or soft foods the rest of the family eats: <ul style="list-style-type: none"> <li>• Cereals, bread, and crackers.</li> <li>• Vegetables and fruits.</li> <li>• Cheese, cottage cheese, and yogurt.</li> <li>• Cooked meat, cooked dried beans, peas or lentils, cooked egg yolks.</li> </ul>

From *A Guide for Feeding Your Baby: Birth to Eight Months* and *A Guide to Feeding Your Baby: Six to Twelve Months*. August 2001. Michigan Dept. of Community Health, MSU Extension Bulletins E-2597 and E-2598.

\* Breastfeeding is still beneficial after 4 months, according to the mother's preference.