

Infant Feeding: 10-12 months

For the first year of a baby's life, breast milk or formula should be the main source of their nutrition. Around 10-12 months of age, a baby may be ready to eat the same foods as the rest of your family with just a few exceptions.

This handout will help you know what to expect from your baby, but keep in mind every child grows and changes at their own pace.

What are my baby's feeding behaviors?

Every baby is different, but before starting to eat additional solid foods your baby should be able to:

- Easily swallow food
- No longer push food out of their mouth with their tongue
- Pick up food with their fingers and easily move it to their mouth

What do I feed my baby?

- Breast milk or formula, PLUS
- Small amounts of soft pasteurized cheese, yogurt or cottage cheese
- Iron-fortified cereals like rice, barley, wheat, oats, or mixed cereals
- Soft pieces of fruit mashed or cut into small cubes or strips.
- Bite-sized, soft-cooked vegetables like peas or carrots
- Protein like cooked eggs, pureed or finely ground meats, poultry, boneless fish, tofu, or well-cooked mashed beans
- Combo foods like macaroni and cheese, casseroles, yogurt with small pieces of fruit, or stage 3 baby foods
- Finger foods like small pieces of lightly toasted bread or bagels, small pieces of ripe banana, pasta, teething crackers, or low sugar O-shaped cereal (not including Honey Nut Cheerios)



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Feeding Tips

- Continue to offer new foods one week apart so you can tell if your baby is sensitive or allergic to that food.
- Babies should not have cow's milk until they are 1 year old.
- Babies should not eat honey or foods with honey, including Honey Nut Cheerios. Honey can contain a certain type of bacteria that a baby's immune system cannot handle.
- Avoid foods that can cause choking, like foods with seeds, popcorn, or hard candy. Cut chokable foods like grapes or hot dogs into very small pieces.

When should I get help?

- If your baby no longer wants to eat table food.
- If your baby does not increase the amount of table food they are eating.
- If your baby continually keeps food in the side of their mouth without swallowing.
- If your baby has a reaction to table foods such as a stomach ache, rash or diarrhea.

Typical Feeding			
Food	Portion Size	Servings per Day	Total Amount per Day
Breast milk or infant formula	6-8 ounces	3-4	24-32 ounces
Cheese	½ ounce or ½ slice or piece of string cheese	1	½ cup or ½ ounce
Yogurt	⅓ cup		
Infant cereal	2-4 Tbsp		
Toast	½ slice	2	¼ - ½ cup
Crackers	2		
Pasta	3-4 Tbsp		
Juice	0-3 ounces	No more than 1	0-3 ounces
Fruit or vegetables	3-4 Tbsp	2-3 each	¼ - ½ cup each
Meat or beans	3-4 Tbsp or ¼ cup	1	2 Tbsp to ¼ cup
Combo foods	3-4Tbsp or 1/4 cup	1	2 Tbsp to ¼ cup

