

## Infant Feeding: 8-10 months

For the first year of a baby's life, breast milk or formula should be the main source of their nutrition. Around 8-10 months of age, a baby may be ready to start eating foods other family members are eating.

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.

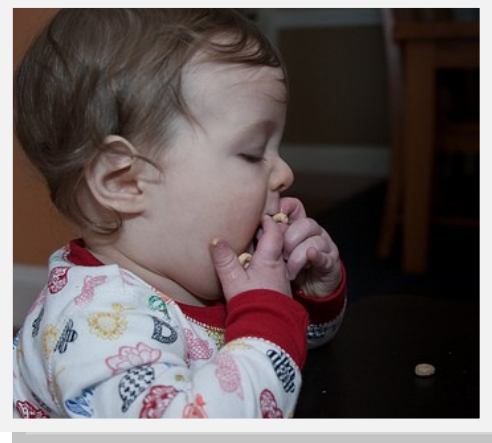
### What are my baby's feeding behaviors?

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

- Pick up objects with their thumb and pointer finger using what's called a pincer grasp
- Move items from one hand to the other
- Like to put things in their mouth
- Move their jaw in a chewing motion

### 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
- Mashed fruits and vegetables like bananas, peaches, pears, avocados, cooked carrots, squash, potatoes, or sweet potatoes
- Finger foods like lightly toasted bagel cut up, small pieces of ripe banana, well-cooked pasta, teething crackers, or low sugar O-shaped cereal (not including Honey Nut Cheerios)
- Small amounts of protein like cooked egg yolks, pureed meats, poultry, boneless fish, tofu, or well-cooked mashed beans with soft skins like lentils, split peas, pinto beans or black beans



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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 and 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 swallows foods without chewing them.

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	⅓ cup or ½ ounce
Yogurt	⅓ cup		
Infant cereal	2-4 Tbsp	2	¼ - ½ cup
Toast	½ slice		
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

