

# Discovering food with your baby



Smooth, thick, no chunks



Cooked, mashed



Ripe, soft, mashed



Chewed, mashed chunkier



Small, soft finger foods



Small, soft finger foods



(Avoid foods that can cause choking. Examples: raw vegetables, grapes, hot dog pieces, candies)

Birth



6 months



Ready to discover other foods

Iron-rich food every day

- Country food
- Cooked meat
- Baby cereal



1 year



Ready to eat like the rest of the family

Iron-rich food every day



Ready for 3.25% milk (max per day: 750 ml/25 ounces)

If not breast-fed, choose formula with iron



Foods from the four food groups



Vitamin D drops every day

