



State of Illinois

Illinois Department of Human Services



Look at me now!

Infants 6 – 12 months

WIC offers the option of fresh, frozen, or canned fruits and vegetables to babies 6 months and older



I may be ready for solid foods when:

- I can sit up alone or with little support
- I open my mouth when a spoon is approaching
- I bring objects to my mouth
- I try to grasp small objects, such as toys or food
- I transfer food from the front to the back of the tongue to swallow rather than pushing it back out

TIPS FOR SAFE FEEDING

Keep it clean – Always start by washing your hands, and then baby's hands. Then wash any fresh fruits and vegetables that are being prepared.

Safe seating – Place baby in an upright, sitting position and then join baby to eat; baby will enjoy learning from you.

Keep foods plain – Baby does not need added salt, sugar, sauces, or artificial sweeteners.

Feed baby from a bowl, not the jar or pouch – Germs from his mouth can spoil the food. Throw out any food that a spoon from baby's mouth has touched.

Leftover foods – Refrigerate leftover food as soon as baby is finished eating. Throw away any unused leftovers after 2 days.

Hold the honey – Honey can contain bacteria that could cause serious illness in baby.

Cook the tough ones – Hard fruits and vegetables should be cooked until soft.

Please be patient with me – learning to feed myself can be messy!

I am NOT ready to eat these foods because I could choke

- Hard, Raw Fruits & Vegetables: apples, carrots, celery
- Whole Small Fruits: grapes, cherries, large berries
- Dried Fruits: raisins, dried cranberries
- Large, Tough Pieces of Food: hot dogs, chunks of cheese, meat or apple
- Crunchy or Hard Food: nuts, popcorn, potato chips
- Sticky or Thick foods: spoonfuls of peanut butter, marshmallows

Foods I may be able to feed myself:

- Diced, well-cooked eggs
- Soft, chopped cooked or heated meats
- Soft chopped fruits
- Soft or cooked diced vegetables
- Cut whole wheat pasta
- Small strips of whole wheat tortilla
- Cooked brown rice
- Infant cereal or baby foods loaded onto a spoon

SAMPLE MENU

Age	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
6-9 Months	Human milk or 4-8 oz formula	Iron fortified infant cereal, Human milk or 4-6 oz formula	Pureed, soft canned, or soft-cooked vegetable or fruit	Human milk or 4-8 oz formula	Baby food or mashed meats, Human milk or 4-6 oz formula	Human milk or 6-8 oz formula
9-12 Months	Whole wheat toast strips, diced hard-boiled egg, and halved fresh blueberries. Human milk or 4-6 oz formula	Cheerios with carrot baby food and cup of water.	Cottage cheese, soft diced peaches, and steamed peas. Human milk or 4-6 oz formula	Yogurt with sliced banana and cup of water.	Meatloaf, mashed potatoes, and green bean baby food. Human milk or 4-6 oz formula	Human milk or 4-6 oz formula

This institution is an equal opportunity provider.

