

# A cooking and nutrition Fact Sheet



## Feeding My Infant – 8 to 24 Months

### 8 to 12 Months

Feed Your Baby:

Milk Group	Breast milk OR Formula
Grain Group	Baby cereal Bread Bagel Crackers Pasta
Fruit Group	Fruit Fruit Juice
Vegetable Group	Vegetables
ADD:	
Milk Group	Cheese Plain yogurt Cottage cheese
Meat Group	Chicken, beef or pork (strained or finely chopped) Cooked, dried beans (mashed) Egg yolks

### Keep baby safe!

- Check heated foods by touching them to your lips. If not too hot, it's safe to feed to baby.
- Children under the age of 1 should never be given honey. It can cause infant botulism, a deadly disease.

### How to add meats

1. Buy strained baby meats or make your own in a blender or baby food grinder.
2. Use only single-ingredient baby meats like chicken, turkey, beef, or pork.
3. Offer baby 2-3 tablespoons of meat 2 times a day. Lunch and dinner work well.
4. Feed baby ground or finely chopped meats as he/she gets more teeth. Check for and remove any gristle, bone or tough fibers.
5. Make meats taste better by serving them warm. Add broth, gravy, or juice. Or mix the meat with your baby's favorite vegetable.

### Feeding Tips

- **Give your baby a baby-size spoon.** Let him try to feed himself.
- **Start feeding your baby "finger foods."** Finger foods are small, bite size pieces of food.
- **Let your baby touch, smell, and taste a variety of appropriate foods.**
- **Put newspaper or a plastic liner under baby's chair.** This will make it easier to clean up.
- **Be patient.** Babies make a mess when they feed themselves AND it can take longer for them to eat now!

## 12 Months to 24 Months

Feed Your Baby:

Milk Group	Whole milk Plain yogurt Cheese
Grain Group	Ready-to-eat or cooked cereal Bread (any kind) Bagel Hamburger bun Muffins, rolls Pasta or rice Crackers
Fruit Group	Cooked/canned fruit Fresh fruit (only when children can chew well) Fruit juice
Vegetable Group	Cooked/canned vegetables Raw vegetables (only when children can chew well) Vegetable juice
Meat Group	Fish, chicken, turkey, beef or pork Cooked, dried beans or peas Eggs

## Prevent choking!

Offer these foods only when the child can chew and swallow well. All finger foods should be small, bite-size foods. NEVER leave your child alone while eating!

- Apple chunks and slices
- Grapes
- Cheese sticks
- Hot dogs
- Sausage
- Peanut butter
- Popcorn
- All nuts and seeds
- Round candies
- Hard chunks of uncooked vegetables like carrots

## Feeding Tips

- Offer smaller portions of food and never force your toddler to clean their plate.
- Encourage your toddler to drink from a cup rather than a bottle.
- “Food jags” - when a child will only eat one food item meal after meal - are common now. Don’t make a big deal out of them.
- Respect your toddlers likes and dislikes. Try offering rejected foods again at another time.
- Make meals interesting. Serve foods that are:  
Colorful - cooked carrots and peas  
Crunchy - crackers and toast  
Smooth - yogurt and pudding  
Warm - neither too hot nor too cold
- Feed your toddler the same foods you feed your family.
- Set a good example. Your toddler will tend to like to eat the same foods as you like.
- Let your toddler sit at the table in a booster chair.
- Offer your toddler 3 regular meals and 2-3 snacks every day.

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