



# A nutrition Fact Sheet



## Feeding My Infant - 8 to 24 Months

### 8 to 12 Months

Feed Your Baby:

Continue with breast milk or formula	
Grain Group (Whole grain preferred)	Baby cereal Toast Toasted bagel Crackers Pasta
Fruit Group	Fruit (mashed or pureed), like applesauce, avocado, and soft fruits like apricots and peaches
Vegetable Group	Cooked vegetables like squash, sweet potatoes, and carrots (mashed or pureed)
Milk Group	Cheese Plain yogurt Cottage cheese
Protein Group	Chicken, beef, or pork (strained or finely chopped) Cooked 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.
- Never re-use baby food. Once it is removed from the jar, it should be fed to baby or discarded.
- Never feed baby from the jar. Place a small amount of food from the jar in a dish and refrigerate the rest of the jar.

### 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 food meats like chicken, turkey, beef, or pork.
3. Offer your infant 2-3 tablespoons of meat 2 times a day. Lunch and dinner work well.
4. Feed your baby ground or finely chopped meats as more teeth come in. Check for and remove any hard bits of fat, bone, or tough fibers.
5. Make meats taste better by serving them warm.

### Feeding Tips

- **Give your infant a baby-size spoon.** Let your baby try to feed himself/herself.
- **Start feeding your infant "finger foods."** Finger foods are small, bite size pieces of food.
- **Let your infant touch, smell, and taste a variety of appropriate foods.**
- **Put a plastic liner under your child'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 to 24 Months

Feed Your Baby:

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

## Prevent choking!

All finger foods should be small, bite-size foods (less than ½ inch). NEVER leave your child alone while eating!

**Do not feed your infant:**

- Raw apple chunks and slices
- Grapes (OK if cut into quarters)
- Cheese sticks
- Hot dogs
- Sausage
- Peanut butter (OK if spread thinly on a cracker)
- Popcorn
- All nuts and seeds
- Raw vegetables

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

## 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 toddler's 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  
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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