

Finger Foods

Fruits and vegetables make great finger foods for your child. You can prepare them in ways that meet his or her age and ability. Talk to your pediatrician about what is right for your child.

Most babies transition to finger food between 9-12 months, starting with steamed and mashed and progressing to other small, soft, chewable pieces as their ability permits.

These food preparations are for older children. Children don't learn to chew with a grinding motion until they're about four years old.

STEAMED & MASHED



STEAMED & DICED



SHREDDED & STEAMED

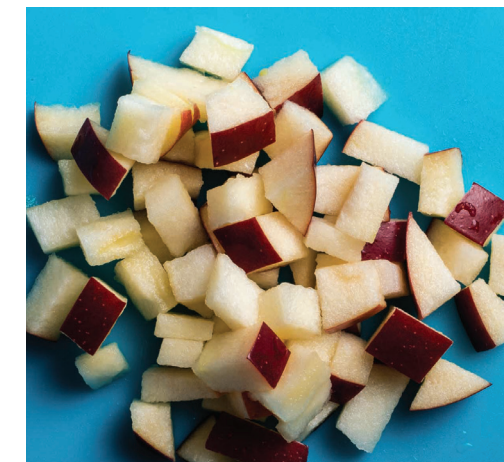


RAW & DICED

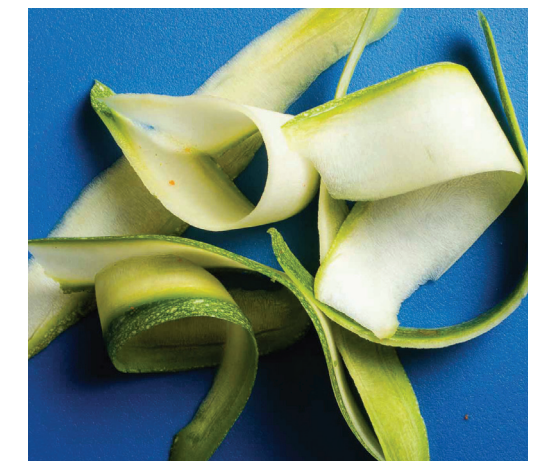
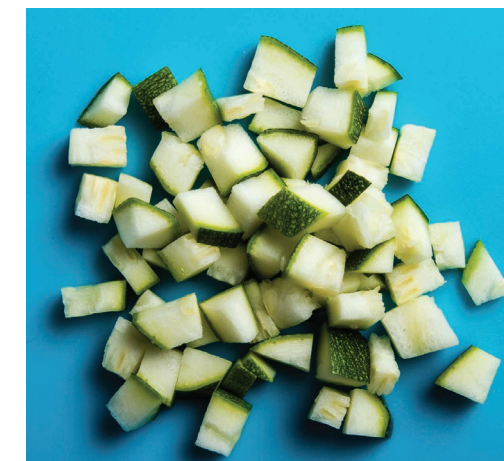


RAW & RIBBONED

Apples



Zucchini



Carrots



Safety is the priority when feeding your baby, toddler, and child. Be sure to discuss choking prevention and food allergies with your pediatrician. Make sure all foods you give your baby are soft, easy to swallow, and cut into small pieces. Fruits and vegetables should be mashed or cooked until they are soft. Foods that are hard, round or sticky, or are difficult to chew and swallow should not be given to children under 4 years. All babies, toddlers, and children should be safely seated and supervised by an adult when eating.



American Academy of Pediatrics
Institute for Healthy
Childhood Weight

