



CHOOSING MEATS & TEXTURES

As your baby grows and learns new eating skills, she will love trying different textures and flavors. Remember, your baby will still get most of her nutrition from breastmilk or formula for the first year of life — even after she starts eating solid foods.

TEXTURE

Your baby will move from puréed foods to foods with more texture as she grows. Offer soft, mashed foods with tiny lumps when your baby can chew from side-to-side (not just up and down).

Try these foods:

- Cooked noodles
- Mashed, cooked whole peas
- Applesauce
- Mashed potatoes
- Ground meat
- Crackers
- Soft cooked vegetables
- Dry cereal
- Soft ripe fruit pieces
- Canned fruit

MEATS

- Choose plain, puréed baby food meats. They have more protein than mixed dinners. For example, it takes several jars of chicken noodle dinner to equal the protein in 1 jar of strained chicken.
- If you choose table meat, grind or finely chop it and add mashed or puréed vegetables or fruit, water, breastmilk, or formula to it. The meats will be easier to eat this way.
- Try one new meat at a time to make sure it agrees with your baby.
- Offer other protein foods such as mashed beans, eggs, yogurt, cottage cheese, or cheese.



FEEDING PLAN

Choose the column that is best for your baby.

Your baby may eat more or less than this. Let her decide how much is enough. Some days she will eat more because she has little “growth spurts.”

MEAL/ SNACK	PURÉED FOODS	MASHED FOODS	GROUND/FINELY CHOPPED FOODS
BREAKFAST	• Breastmilk or formula • 2-3 Tbsp. puréed fruit • 2-4 Tbsp. infant cereal	• Breastmilk or formula • 2-3 Tbsp. mashed fruit • 2-4 Tbsp. infant cereal	• Breastmilk or formula • 2-3 Tbsp. chopped soft fruit • 2-4 Tbsp. infant cereal
SNACK	• Breastmilk or formula or water in a cup	• 2 oz. water in a cup • Mashed fruit or dry cereal	• 2 oz. water in a cup • 1-2 crackers or ½ slice toast
LUNCH	• Breastmilk or formula • 2 Tbsp. cooked puréed vegetable	• Breastmilk or formula • 2 Tbsp. mashed vegetable • 1-2 Tbsp. meat (strained, ground or chopped)	• Breastmilk or formula • 2 Tbsp. cooked chopped vegetable • 1-2 Tbsp. meat (ground or chopped)
SNACK	• Breastmilk or formula or water in a cup	• 2 oz. water in a cup • Mashed fruit or dry cereal	• 2 oz. water in a cup • Dry cereal or finely, chopped fruit or cooked vegetable
SUPPER	• Breastmilk or formula • 2 Tbsp. cooked puréed vegetable • 1-2 Tbsp. puréed meat	• Breastmilk or formula • 2 Tbsp. cooked mashed vegetable • 1-2 Tbsp. meat (strained, ground or chopped) • 2 Tbsp. mashed fruit	• Breastmilk or formula • 2 Tbsp. cooked chopped vegetable • 1-2 Tbsp. meat (ground or chopped) • 2 Tbsp. chopped soft fruit
SNACK	• Breastmilk or formula	• Breastmilk or formula	• Breastmilk or formula

