



An Introduction to Starting Foods with Infants

✨ Babies are ready to start foods around 6 months old

*Note: Always check with your pediatrician

Look for these signs:

- Holds head steady
- Can sit with support
- Shows interest in food
- Opens mouth when food approaches
- Can bring objects to their mouth
- Excessive drooling (unless due to teething)

勺 Purees or Baby-Led Weaning?

Both methods are great!

Purees: Soft, smooth foods fed by spoon.

Baby-Led Weaning (BLW):

The child explores soft, safe finger foods on their own.

This encourages independence, chewing skills, and sensory exploration. Babies may **gag** when learning to manage food—this is normal and different from choking.

Tip: Introduce **one new food at a time** so allergies are easier to identify.

🍼 6–8 Months

Milk is still their main nutrition.

Start solids once a day and slowly increase.

How to Prepare Foods

- Foods must be **steamed, baked, or cooked until soft but many can be in largish pieces.**
- Cut foods into **fry-shaped spears** for easier gripping.
- You can start with veggies to build balanced tastes.



Foods to Offer

Vegetables: avocado, sweet potato, broccoli, cauliflower, zucchini, squash, cucumber, pickles

Fruits: banana, pear, strawberries, raspberries, melon

Proteins: beans, tofu, shredded chicken or beef, salmon/fish

Other: oatmeal/cereal, bone broth, teething crackers, yogurt melts, soft fruits, crunch sticks

9–12 Months

Food becomes the priority, milk becomes secondary.

If your baby has only had purees, begin offering **soft finger foods** and BLW-style textures.

General Guidelines

- Babies can eat almost anything you eat—just adjust textures and cut safely.
- Continue offering a wide variety of proteins, veggies, grains, and fruits.
- Cut small round foods (grapes, cherry tomatoes, blueberries) **in half lengthwise**.
- Offer larger soft pieces for biting: sweet potato spears, soft peppers, eggplant, zucchini, etc.

Foods to Offer

Veggies (cooked soft): sweet potato, broccoli, cauliflower, beets, carrots, avocado, cucumbers

Proteins: shredded chicken, ground beef, beans, lentils, tofu, fish

Dairy: yogurt, cottage cheese, cheese

Grains & Extras: pancakes, muffins, waffles, tortillas, couscous, rice, pasta, bread

Finger Foods: egg bites, soft fruits, spears of cooked vegetables