**Ideas**

### Fruits
- Cut up in small pieces: bananas, watermelon, peaches (peeled), mandarin oranges, grapes, cantaloupe, strawberries. Older toddlers can also have cut up apples & pears.

### Veggies
- diced tomatoes, diced & cooked green beans, potatoes & cooked soft peas

### Protein
- Peanut butter or hummus thinly spread on cracker/bread or tortilla & an egg (scrambled or hard-boiled)

### Dairy
- Grated or diced soft cheese, yogurt, cottage cheese & milk

### Grains
- Non-sugary cereal – with or without milk, whole grain crackers, pasta, rice, tortillas or rice cakes

### Beverages
- Milk & water are healthy drinks. Juice is not recommended.

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**Choking Hazards**

Supervise meal & snack time. Choking is a silent accident. Avoid foods that are round, hard, small, thick, sticky, smooth or slippery like:

- Raw vegetables including carrots, peanuts, nuts, seeds
- Whole or round cut hotdogs
- Whole grapes
- Suckers, sticky, hard, round candy
- Chewing gum
- Popcorn
- Chips & hard pretzels
- Marshmallows
- Spoonfuls of peanut butter

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**Quick Tips**

- Snacks are not for when children are bored, tired or cranky.
- Snacks are any healthy foods, even leftovers.
- Keep snack portions small (the size of child's fist) – they aren’t meant to replace meals.
- Sit down to eat & drink. Walking, running & playing during meals/snacks is dangerous & teaches unhealthy habits.
- Limit sweet, sticky snacks to keep teeth healthy.
- Necessary vitamins & minerals are found in fruits & vegetables without the unwanted sugars in juice that can lead to obesity & tooth decay.
- Follow your doctor’s advice about nutrition and feeding. Ask questions if you have concerns.
### Feeding Your Infant

**Babies eat whenever they’re hungry.** When a baby opens or puts her fist in her mouth, that may be a sign that it’s time for feeding. Children eat different amounts daily based on their needs. Never force a child to eat.

<table>
<thead>
<tr>
<th>0 to 6 months</th>
<th>6 to 8 months</th>
<th>8 to 12 months</th>
<th>12 to 24 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast milk or iron-fortified formula.</td>
<td>Breast- or formula-feed first.</td>
<td>Continue to breast- or formula-feed.</td>
<td>Continue to breastfeed. Wean from formula at 12 months.</td>
</tr>
<tr>
<td>Nursing is the preferred method of nourishment. Breast milk provides all known and unknown nutrients necessary for growth and development.</td>
<td>When starting your infant on solid foods, introduce one new food at a time. Watch for reactions and allergies. Wait 2-3 days before introducing another new food.</td>
<td>Use small dish &amp; spoon. Portions should be size of baby’s fist.</td>
<td>Allow toddlers to help you feed them with toddler spoon &amp; fork. They won’t be very good at it as they’re just learning. Portions should be size of toddler’s fist.</td>
</tr>
</tbody>
</table>
| Use small dish & spoon. Portions should be size of baby’s fist. | Baby or mashed table foods such as:  
- Infant iron-fortified rice cereal  
- Cooked vegetables  
- Peeled, soft fruit | Introduce finger foods (like those listed) between 8-9 months. Baby or table foods mashed or in small, diced pieces such as:  
- Infant iron-fortified rice or oat cereal  
- Cooked vegetables  
- Peeled, soft fruit  
- Noodles, pasta  
- Mashed or finely cut meat, chicken or fish  
- Grated or diced soft cheese  
- Yogurt | Baby or table foods in small, diced pieces as listed for 8 to 12 months plus:  
- Cooked egg  
- Rice  
- Whole wheat bread, crackers, cereal O’s  
- Start whole milk in a cup at 12 months  
- Offer water instead of juice |

**Content provided by Ohio Child Care Resource and Referral Association**  
**Sources:** American Academy of Pediatrics, www.healthychildren.org  
USDA Food & Nutrition Service; Child & Adult Food Care Program. http://www.fns.usda.gov/cnd/ProgramBasics/Meals/Meal_Patterns.htm  
www.OhioHelpMeGrow.org  
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