



## Finger Food Fun (10-12 Months)

At about 10 months, your baby is becoming more proficient at chewing and swallowing. She can also use her hands and fingers with more control, which means she is ready for finger foods. She will still enjoy pureed or mashed foods, but now you can introduce small pieces of soft fruits, cooked vegetables, pastas, meats and finely chopped stew medleys. Be sure to offer a wide range of colors from all the major food groups to provide a well-balanced and nutritious diet.

Recommended Dietary Guidelines: 10 to 12 Months (in addition to previous recommendations)

	Fruits	Veggies	Grains	Proteins	Breastmilk/ Formula
Daily Intake	4-8 Tblsp (spread over 2 meals)	4-8 Tblsp (spread over 2-3 meals)	4-8 Tblsp (spread over 2-3 meals)	4-6 Tblsp (spread over 2-3 meals)	24-30 oz (spread over 3-5 meals)
Food to Introduce	Blueberries Cherries Kiwi Strawberries Blackberries Raspberries	Beets Eggplant	Whole Grain Teething Crackers Soft Whole Grain Pasta Wheat Cereal Brown Rice	Cottage Cheese Soft Stringed Cheese	