

Let's explore food together.

Hello wonderful world of food!



SUPPLEMENTAL NUTRITION PROGRAM  
FOR WOMEN, INFANTS AND CHILDREN

**For more information, call the  
Idaho CareLine: 2-1-1 or 1-800-926-2588.**

**[www.wic.dhw.idaho.gov](http://www.wic.dhw.idaho.gov)**



MIX  
Papier from responsible sources  
Papel procedente de fuentes responsables  
FSC® C018131

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I'm ready for solid food!



I like a variety of foods just like you.



Hey, did you know you can make my food?



Now is a great time to teach me to use a cup.



Taking care of my teeth is important to my health.



I don't want to choke or get sick from food.



#### Start foods when I:

- Sit holding my head steady
- Am 6 months old

#### Use a small bowl and spoon

- Start with 2–3 Tbsp
- Throw my leftovers away

#### Start a new food every few days

- Tell my doctor if I have vomiting, wheezing, a rash or diarrhea

#### Which foods should I eat?

- Cereals, cooked grains
- Vegetables
- Fruit
- Meats (homemade or commercial)

#### Have fun with textures:

- Start with smooth foods
- Move to mashed foods
- Next try chopped foods
- Then small pieces of food I can pick up

#### Choose a versatile baby food like Stage 2:

- Thin by adding a little liquid
- Thicken by adding some dry cereal
- Add texture by mixing with diced food

#### Making baby food is easy and saves money

- Use a clean fork, potato masher, food processor, grinder or blender
- Rinse produce removing skins, pits and seeds
- Cook hard foods until tender
- Cook meat/poultry removing bones and skin
- Add small amounts of liquid until desired texture

#### I'm learning about tastes

- I prefer natural flavors
- No need to add salt or seasonings
- If I refuse a food, try again in a few days

#### If you're breastfeeding me, please continue!

- 4 to 6 or more times in 24 hours

#### If you're formula feeding me:

- Age 6 to 10 months offer 24–40 oz. in 24 hours
- Age 10 to 12 months offer 24–32 oz. in 24 hours

#### Introduce a cup using small amounts of water

- Skip juice; fruits and veggies have more nutrients, fiber and texture
- Use a small cup without a lid or use a free flow lid

#### Care for my teeth

*I don't need:*

- Sweetened beverages
- Foods with added sugar

#### These foods aren't for me:

- Hot dogs, processed meats, bacon
- Chicken on a bone
- Raw veggies, sprouts
- Fruit skin, peel
- Chips, popcorn
- Candy
- Fruit rolls/snacks
- Nuts, peanut butter
- Dried fruit
- Fish with bones
- Unpasteurized dairy products or juice
- Soft aged white cheeses
- Honey
- Undercooked meat, fish, poultry

#### Happy, healthy me!