



CHOOSING TEXTURES AND MEATS

As babies grow and learn new eating skills, they will love trying different textures and flavors. Babies still get most of their nutrition from breast milk or formula for the first year of life, even after they start eating solid foods. Babies should be supervised while they are trying new foods and textures.

TEXTURES

Babies will move from pureed foods to foods with more texture as they grow. 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 peas
- Soft ripe fruit pieces
- Dry cereal
- Mashed potatoes
- Applesauce
- Crackers
- Soft cooked veggies
- Canned fruit
- Ground meats
- Yogurt
- Canned light tuna fish

MEATS

- Choose plain, pureed baby food meat. It has more protein than mixed dinners. For example, it takes several jars of chicken noodle dinner to equal the protein in one jar of strained chicken.
- If you choose table meat, grind or finely chop it and add mashed or pureed fruit or vegetables, water, breast milk, or formula. That will make the meat easier to eat.
- Chop meat small enough to avoid choking.
- Try one new meat at a time to make sure it agrees with your baby.
- Offer other protein foods like mashed beans, eggs, yogurt, cottage cheese, or cheese.

FEEDING PLAN

Choose the column that is best for your baby. Babies may eat more or less than this. Let them decide how much is enough. Some days they will eat more because they have little “growth spurts.” Babies should be watched while they are eating to make sure foods are the right texture. If babies show signs of choking, they may need a different texture or might not be ready for food.

MEAL/SNACK	PUREED FOODS	MASHED FOODS	GROUND/FINELY CHOPPED FOODS
BREAKFAST	Breast milk or formula 2-3 Tbsp. pureed fruit 2-4 Tbsp. infant cereal (oat, barley, multigrain, etc.)	Breast milk or formula 2-3 Tbsp. mashed fruit 2-4 Tbsp. infant cereal (oat, barley, multigrain, etc.)	Breast milk or formula 2-3 Tbsp. chopped soft fruit 2-4 Tbsp. infant cereal (oat, barley, multigrain, etc.)
SNACK	Breast milk or formula	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	Breast milk or formula 2 Tbsp. cooked pureed vegetable	Breast milk or formula 2 Tbsp. mashed vegetable 1-2 Tbsp. meat (strained, ground, or chopped)	Breast milk or formula 2 Tbsp. cooked chopped vegetable 1-2 Tbsp. meat (ground or chopped)
SNACK	Breast milk or formula	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	Breast milk or formula 2 Tbsp. cooked pureed vegetable 1-2 Tbsp. pureed meat	Breast milk or formula 2 Tbsp. cooked mashed vegetable 1-2 Tbsp. meat (strained, ground, or chopped) 2 Tbsp. mashed fruit	Breast milk or formula 2 Tbsp. cooked chopped vegetable 1-2 Tbsp. meat (ground or chopped) 2 Tbsp. chopped soft fruit
SNACK	Breast milk or formula	Breast milk or formula	Breast milk or formula

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