



# TIME FOR TABLE FOODS

Now that it is time for table food, your baby is beginning to drink from a cup and use their fingers to eat. Try offering a spoon to practice eating. It will be messy at first! Here are some tips:

- **Offer at least three meals and two snacks every day**
- **Keep things small; babies like picking up small things**
- **Try soft or mashed foods**
  - Soft fruits
  - Cooked vegetables
  - Bite-sized pasta
- **Offer foods to chew on**
  - Dry toast– 1 serving is half a slice
  - Crackers - 1 serving is two crackers (*one, if the crackers are big*)
  - Unsweetened dry cereal



- **Cut foods into small pieces and remove seeds and bones**
- **Avoid foods that may cause choking such as, but not limited to:**

• Hot dogs	• Popcorn	• Thick peanut butter
• Chips	• Pretzels	• Marshmallows
• Chewy fruit snacks	• Caramel	• Hard candy
• Small pieces of raw veggies	• Raw carrots	• Dried/ hard pieces of fruit
• Whole grapes	• Fruit with pits or seeds	

The American Academy of Pediatrics recommends babies without risk for allergies try all foods, even foods that may be highly allergenic. Examples are nuts (especially peanuts), egg whites and shellfish. Introducing these foods early may prevent future food allergies. If your baby has risk of allergies, talk with your baby's doctor about a plan for when and how to introduce these foods to your baby.

## Encourage drinking from a cup

- If using formula or pumped breast milk, consider putting it in a cup.
- After 6 months of age and starting solid foods, start to offer small amounts of plain water. Fluoridated water is recommended to help prevent future tooth decay. Go to [nccd.cdc.gov/DOH\\_MWF/Default/Default.aspx](https://nccd.cdc.gov/DOH_MWF/Default/Default.aspx) to see if your water supply has fluoride in it.
- Set a goal for infants to start using a cup by 6 months of age.
- Try weaning your baby off the bottle by 12-14 months, but no later than 18 months.

## Avoid these foods the first year

- Honey and foods made with honey, including honey graham crackers
- Cow's milk under 1 year of age
- Limit desserts, sugar sweetened beverages (soda) and other high fat and high sugar foods
- Limit foods high in salt



## Enjoy feeding your baby

Your baby will soon be a year old!

- Feed your baby when your family eats. Your baby will enjoy the mealtime talk and you will be there to help when your baby gets tired or if they start to choke.
- Help your baby focus on eating by limiting distractions, such as turning off the TV.
- Learn your baby's cues for hunger and respect your baby's signs of being full. Some babies will eat more and some will eat less.

To learn more about WIC and locate a clinic near you, please visit [signupwic.com](https://signupwic.com).

WIC is an equal opportunity provider. Read the full statement concerning your civil rights at [www.fns.usda.gov/civil-rights/usda-nondiscrimination-statement-other-fns-programs](https://www.fns.usda.gov/civil-rights/usda-nondiscrimination-statement-other-fns-programs).



Idaho WIC Program • Form WIC 358 • 4/2022  
Adapted with permission from materials provided by Iowa WIC



IDAHO DEPARTMENT OF  
HEALTH & WELFARE  
DIVISION OF PUBLIC HEALTH

