

BEGINNING SOLID FOODS

Beginning Finger Foods

- Bananas, sliced
- Orange sections, peeled and membranes removed
- Cooked or canned fruits, diced
- Apples, grated or cooked
- Rice - steamed (short grain is stickier)
- Potatoes, yams, sweet potatoes – baked/boiled and diced
- Yellow vegetables (carrots, squash) baked and diced
- Mashed potatoes - fried as pancakes
- Noodles - bite size pieces
- Fruit breads, heavy, not crumbly (banana, applesauce, etc.)
- Toast
- Pancakes or French toast cut in strips (no syrup)
- Crackers, unsalted
- Unsweetened cold cereals (Cheerios, Puffed Wheat or Rice) - dry or with milk
- Cheese - grated, sliced or sticks; melted on toast, crackers and cut in strips or bite size
- Yogurt - spread on toast or bread
- Cottage cheese (large curd) - plain or spread
- Eggs - scrambled semi-firm (milk makes fluffy)
- Fish sticks
- Chicken and turkey, thinly sliced or diced
- Hamburger - small pieces
- Pureed meats on toast or bread, cut in small pieces
- Tuna fish, drained

NOT RECOMMENDED BEFORE 18 – 24 MONTHS:

Corn, leafy vegetables, bacon, chips, raw carrot sticks, nuts, popcorn

Advanced Finger Foods

- Melon balls, cubes or slices
- Fresh fruit, peeled and sliced
- Apples - peeled and sliced thin
- Avocado - diced
- Berries - seedless
- Grapes - seedless
- Raisins - **over 18 months**
- Potatoes and yams - cooked and cut in strips
- Cherry tomatoes - cut in half
- Broccoli and asparagus tips
- Green beans
- Cauliflower
- Peas - fresh or serve frozen
- Beans - garbanzo, kidney, baked
- French fries - note high fat content
- Spaghetti - plain or with sauces
- Macaroni - different shapes add interest
- Biscuits
- Bread sticks
- Bagels
- Casseroles - macaroni and cheese
- Eggs - hard boiled
- Peanut butter on toast, bread or celery
- Meat balls - bite size
- Hamburger, meat loaf
- Organ meats - steamed (do not overcook)
- Hot dogs, link sausage (high salt, fat, additives)
- Meats - cooked, thinly sliced
- Processed luncheon meats, cut in strips or bite size