



## Finger Foods for Infants

Below and on the following page are suggested finger foods and foods to avoid for infants of various ages.

### **Six to Eight Months**

Apple Juice  
Applesauce  
Arrowroot cookies  
Bananas (mashed or in small slices)  
Chicken liver and other tender meat  
(ground, mashed or chopped)  
Cottage cheese  
Formula (iron fortified)  
Graham crackers  
Iron-fortified infant cereal  
Mashed potatoes  
Soft cooked vegetables (mashed)  
Toast (buttered)

### **Nine Months to a Year**

Apple (peeled and cut into eights)  
Bagel  
Carrots and other vegetables (cooked soft)  
Cheeses (soft)  
Egg noodles  
Egg yolk (boiled, scrambled or poached)  
Fish (unbreaded without bones and flaked, other than canned salmon)  
Macaroni pasta (not overcooked)  
Orange sections (peeled and seeded)  
Peaches (ripe and peeled)  
Rice  
Soft custards  
Spaghetti with meat sauce  
Tender meats like lamb, veal (mashed)  
Toast

### **Foods To Avoid**

Because some foods are not readily digestible and/or can cause gagging, the following are NOT RECOMMENDED FOR CHILDREN UNDER 12 TO 24 MONTHS.

Bacon  
Baked Beans  
Bread sticks or toast sticks  
Candy  
Carrots, raw  
Celery  
Chips  
Chocolate  
Chunky peanut butter  
Cookies and bars  
Corn  
Cucumbers  
Doughnuts  
Fresh fruit with peeling  
Gravy  
Grilled cheese sandwiches  
Honey  
Hot dogs, other sausage products  
Leafy vegetables  
Nuts  
Olives  
Onions, raw  
Peanuts  
Pickles  
Popcorn  
Raisins  
Things with seeds