# Feeding Babies in Their First Year

<table>
<thead>
<tr>
<th>Baby’s age</th>
<th>When baby can:</th>
<th>Serve these foods in the CACFP:</th>
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</thead>
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| Birth through 5 months | Only suck and swallow | **Liquids Only**  
• Breastmilk  
• Iron-fortified infant formula |
| Around 6 months through 8 months | Draw in upper or lower lip as spoon is removed from mouth  
• Move tongue up and down  
• Sit up with support  
• Swallow soft solid foods without choking  
• Open the mouth when they see food  
• Drink from a cup with help, with spilling | **Serve liquids above and add solid foods when babies are developmentally ready, including:**  
• Cooked, plain pureed/mashed vegetables  
• Plain pureed/mashed fruit  
• Plain pureed/mashed meat and meat alternates (dairy and protein foods): meat, poultry, fish, whole eggs, cheese, yogurt, and cooked dry beans and peas  
• Iron-fortified infant cereals, bread, small pieces of crackers |
| Around 8 months through 12 months | Move tongue from side to side  
• Begin spoon feeding themselves with help  
• Begin to chew and have some teeth  
• Begin to hold food and use their fingers to feed themselves  
• Drink from a cup with help, with less spilling | **Serve liquids and foods above, and add:**  
**A variety of new solid foods and textures such as:**  
• Fortified ready-to-eat cereal, teething biscuits, crackers, and toasts  
• Finely chopped vegetables  
• Finely chopped fruit  
• Finely chopped meat and meat alternates (dairy and protein foods): meat, poultry, fish, whole eggs, cheese, yogurt, and cooked dry beans and peas |