

For Child Care Providers: Feeding Babies in Their First Year

Baby's age	When baby can:	Serve these foods in the CACFP:
Birth through 5 months	<ul style="list-style-type: none"> • Only suck and swallow 	<p>Liquids Only</p> <ul style="list-style-type: none"> • Breastmilk • Iron-fortified infant formula
Around 6 months through 8 months	<ul style="list-style-type: none"> • 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 	<p>Serve liquids above and add solid foods when babies are developmentally ready, including:</p> <ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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 	<p>Serve liquids and foods above, and add: A variety of new solid foods and textures such as:</p> <ul style="list-style-type: none"> • 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

A handout from *Feeding Infants in the Child and Adult Care Food Program*
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