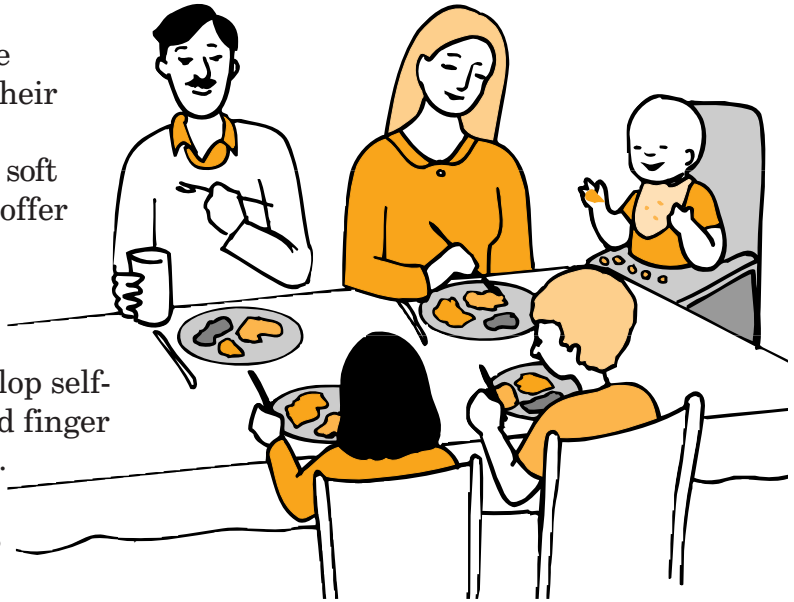




Finger Foods

- Around 6 months, babies are learning to chew food with their jaws and gums. Babies don't need teeth to eat soft foods. This is a good time to offer finger foods to your baby.

- Babies enjoy finger foods, and often are messy as they learn to eat. It helps to develop self-feeding skills. Baby may hold finger foods a lot but not eat much. This is okay. Offer foods by spoon as well following baby's hunger and fullness cues.



- Gagging is a part of learning how to eat. Food has moved quickly to the back of the tongue. The baby is coughing it forward. If your baby gags, talk gently to reassure your baby.

To Prevent Choking:

Always be in the room to watch your baby eat.

Feed babies when they are sitting in a high chair.

Do not give a baby small pieces of food that are round and hard or slippery or very sticky or hard to swallow. They can get stuck in a baby's throat.

Babies may choke on these foods:

nuts	whole grapes	chips	marshmallows
raisins	popcorn	hot dogs	
olives	raw vegetables	hard or small candy	

Whole grapes and hot dogs need to be cut lengthwise and into small pieces to prevent choking.



IDEAS FOR FINGER FOODS FOR BABIES

Choose soft foods that baby can grasp easily with fingers or hands. Offer your baby different kinds of finger foods from all 4 food groups.

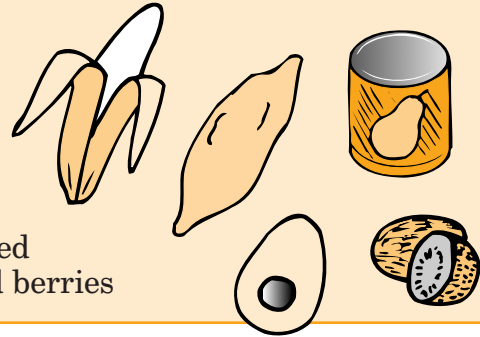
Vegetables (soft cooked) and Fruits

carrot slices, broccoli, green beans

yam, sweet potato, potato

cauliflower, zucchini

cooked apple, pears, ripe slices of kiwi, mango, papaya, melon, cantaloupe, banana, fresh or canned unsweetened peaches, ripe avocado, oranges, thawed frozen fruit and berries



Grain Products

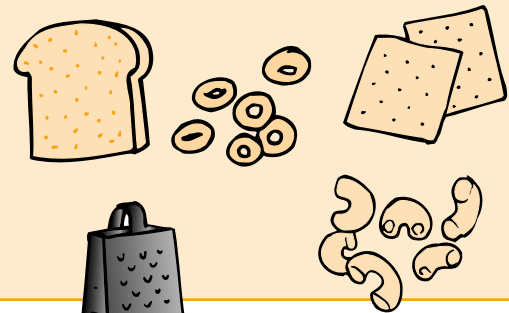
whole wheat toast

unsalted crackers

whole wheat bagels, buns, roti, tortilla

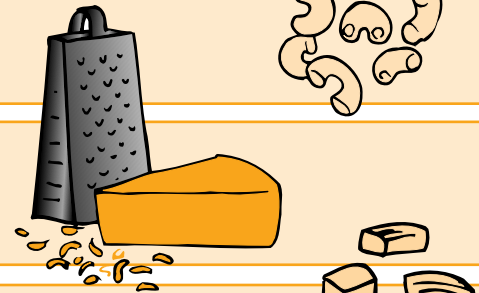
unsweetened oat ring cereal like Cheerios™, rice puffs

cooked soft macaroni, rotini noodles, rice



Milk Products

grated or sliced pasteurized cheese

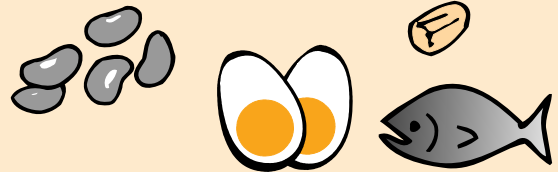


Meat and Alternatives (soft, well cooked)

pieces of chicken, turkey,

ground or chopped meat, or fish (no bones)

well cooked eggs, lentils, tofu cubes, and soft beans



Choose foods grown or produced in BC whenever you can.

Other fact sheets on parenting your toddler
are available at your local Community Health Office/Centre
or online at <http://vch.eduhealth.ca>

For more information, call:

Dietitian Services at HealthLink BC Dial 8-1-1 to speak to a dietitian

Translation services are available in 130 languages. www.healthlinkbc.ca/dietitian/

or a Public Health Nurse at Vancouver Coastal Health www.vch.ca

For more copies, go online at <http://vch.eduhealth.ca> or
email phe@vch.ca and quote Catalogue No. **GK.260.F56**
Please send any feedback about this handout to feedback@vch.ca
© Vancouver Coastal Health, July 2016

The information in this document is intended solely for the
person to whom it was given by the health care team.
www.vch.ca