

mixed foods : soft

developmental readiness



Accepting smooth purees
(no coughing, choking, gagging)

Sitting independently

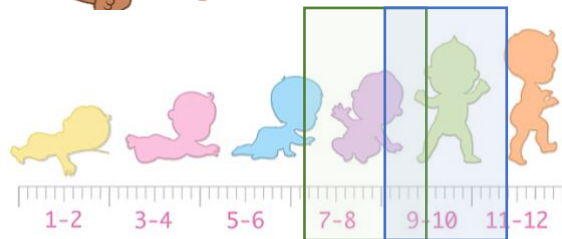


Wants to hold utensils



Shows interest in
wanting to eat

Shows loss of interest
or that they want to
stop eating



Infants typically show
these developmental cues
to start soft mushy foods
around 7-9 months
and progress by **9-12 months**

soft & mushy solid foods

After success with Stage 1 and Stage 2 purees

Next: very soft, small-cut, cooked foods

Consistency that will “squish” in your fingers

- | | | |
|-------------------------------------|-------------------|--------------------------|
| mashed ripe banana | mango and melon | soft cooked pasta |
| cooked soft apple
(skin removed) | peaches and pears | overcooked soft rice |
| mashed plantains | papaya | boiled potatoes |
| cooked green beans | avocado | soft tofu / seitan |
| cooked carrots | butternut squash | scrambled eggs |
| cooked yellow squash | cooked peas | soft white fish / salmon |
| | cooked broccoli | yogurt |



After practice and success
progress to: soft, cut, chewable pieces

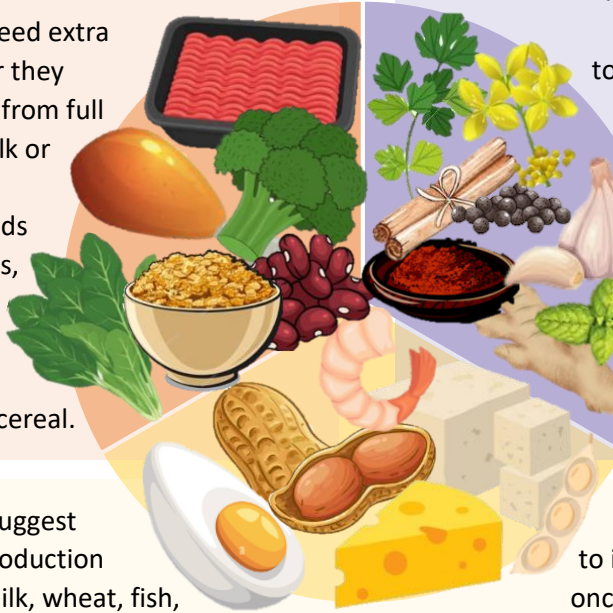
- meatballs in sauce
- stewed meats
- meats in gravy
- soft cooked beans
- cottage cheese
- shredded cheese
- muffins
- pancakes



things to consider

Iron-containing foods

Infants need extra iron after they progress from full breastmilk or formula. Offer foods like beans, chicken, spinach, and iron-fortified cereal.



Herbs, spices, flavor

Once your infant tolerates new foods; incorporate herbs, spices, and any favorite flavors that your family enjoys! Do not add sugar, salt, or anything too spicy.



Experts suggest early introduction of egg, milk, wheat, fish, and nuts decreases the risk of future allergies.

Food allergens

It is recommended to introduce allergens once your infant starts complimentary foods.

Questions? Ask their PCP!



dissolvable solids

Dissolvable solids “melt” in the mouth and break down easily.

Foods like baby puffs, Bambas peanut butter puffs, freeze dried fruits, and teething crackers help promote chewing, new tastes, and a different texture experience.

Break into and offer in small pieces.



apply it!

Encourage self-feeding. Have your infant grasp foods. Exploring will be messy but it will help them learn about new foods and textures.



Always pay attention to your baby’s cues. Do not force or pressure your baby to eat from the spoon if they are crying, fussy, or upset.

Keep meal times distraction-free! No toys, TV, or screens. Make food the focus. Use mealtimes to model focused, positive eating behavior.



Follow your baby’s developmental cues Always ask their PCP for guidance.



More tips, recipes, and practice on the Pursuit app: Scan the QR code to jump right to the app.



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