



Small bites of cherry tomato



Sliced blueberries or raspberries



Whole-wheat rotini pasta



Corn niblets



Avocado

**d**on't let healthy eating habits take a nosedive when you introduce your baby to table foods. According to the *Journal of the American Dietetic Association*, that's when high-fat, high-sugar items like cookies and sweetened cereals tend to edge out good-for-you foods—especially fruits and vegetables. But you can buck this trend! Start early—with superhealthy finger foods. It's the perfect way to introduce your baby to the kinds of nutritious bites you'll want him eating for life. Remember: Cut everything into small pieces (try pea-size at first), and serve up a few at a time. Begin with the softer foods between 6 and 9 months, and once your little one gets the hang of using his fingers, you can try the firmer foods at 9 to 12 months. Stay away from

Let your baby feed herself!

Here are **52** nutritious, delicious,

# fabulous

choking hazards like hot dogs, popcorn, raisins, nuts, seeds, and hard raw vegetables. And always supervise your child while he's eating.

By Sally Kuzemchak, R.D.





Whole-grain couscous



Small, low-sugar  
O-shaped cereal



Ripe mango or papaya



Whole-grain French toast



Cooked green beans



Cooked (and peeled) white- or  
sweet-potato cubes



Chopped hard-boiled egg  
(after 12 months)



Cooked zucchini or squash



Mozzarella cheese



Well-cooked asparagus tips



Sliced grapes



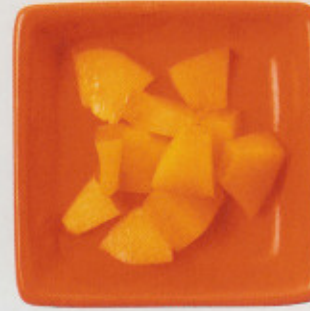
Mini rice cakes



Grilled-cheese sandwich,  
cut into strips or cubes



Brown rice



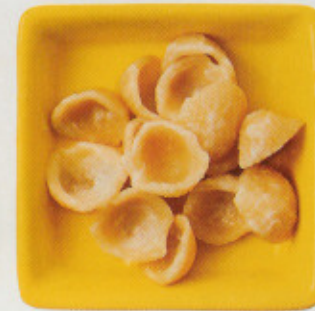
Ripe apricot



Whole-grain pancakes



Tiny, well-cooked  
broccoli florets



Whole-wheat  
macaroni and cheese



Kiwi



Cucumber (peel,  
remove seeds, and slice)





Well-cooked diced carrot



Teething biscuits or zwieback crackers



Whole-grain toast with all-fruit spread



Fruit cocktail (slice the cherries and grapes)



Whole-grain waffle



Grated or shaved apple



Small oranges, fresh (remove membranes) or canned (after 12 months)



Canned or very ripe fresh pears



Banana



Tiny chunks of turkey meatballs



Matzoh crackers



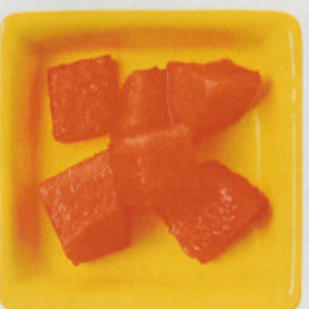
Shredded cheese or cheese crumbles



Fork-smashed canned beans or chickpeas



Graham crackers (avoid honey varieties until 12 months)



Ripe honeydew, cantaloupe, or watermelon (remove seeds)



Tofu



Bites of whole-grain muffin



Pineapple



Ripe peaches



Cooked pearl barley