



Early Finger Foods (6-12 Months)

VEGETABLES

Peas (canned or boiled)
Asparagus (cooked well, diced)
Green beans (canned)
Broccoli or cauliflower (steamed well, chopped or whole)
Cooked/steamed and served as sticks, wedges or diced:
 Carrot
 Beet
Potato (sweet or white; also mashed)
Parsnip
Eggplant or zucchini (sauteed, steamed or roasted)

FRUITS

Soft, ripe slices or chunks of:
 Banana
 Avocado
 Peach
 Pear
 Apricot
 Plum
 Kiwi
 Melons
 Mango
Strawberries (or served whole)
Blueberries (cut in half)
Raspberries (cut in half)
Canned fruit or fruit cups in juice

GRAINS

Lightly toasted bread cut in “fingers” with thin spread of butter, jam, etc.
Dry cereals such as Cheerios, Special K, Rice Chex
Chunks of pita or naan bread
Tiny sandwiches filled with soft cheese, mashed banana/avocado, PB&J, cut into “fingers”
Pancakes and waffles (whole or bite-size)
Muffins (mini are great for little hands)
Cooked pasta, tortellini, ravioli
Overcooked, “sticky” brown or white rice that clumps together
Soft breads (whole grain, banana, zucchini)

PROTEIN

Soft or mild cheese (pea-sized cubes, shredded, or thinly spread)
Scrambled eggs or strips of omelets
Cooked beans (kidney, black, garbanzo) served slightly “smushed”
Crockpot/slow-cooked meats (turkey, chicken, pork, beef)
Rotisserie chicken (diced)
Meatballs or meatloaf
Soft, flakey fish (tilapia, haddock, salmon)
Nut butter spread thinly on toast or crackers
Hummus or refried beans