



Development of Infant Feeding Skills

| Age | Foods to Help Your Baby Eat Smart | Feeding Skills | Physical Signs |
|-------------------|--|---|---|
| Birth to 6 Months | <ul style="list-style-type: none"> Breast milk or iron-fortified formula | <ul style="list-style-type: none"> Turns mouth toward nipple Sucks and swallows Sticks tongue out when anything is placed in mouth | <ul style="list-style-type: none"> Poor head, neck, and body control |
| 6 Months | <ul style="list-style-type: none"> Breast milk or iron-fortified formula Offer baby rice cereal first. Mix with breast milk or iron-fortified formula. Try with spoon. After a week try oatmeal cereal next. | <ul style="list-style-type: none"> Opens mouth when sees food Up and down motions of jaw begin | <ul style="list-style-type: none"> Holds head up Uses hands to pick things up and put them in mouth |
| 7 to 9 Months | <ul style="list-style-type: none"> Breast milk or iron-fortified formula Strained fruits and vegetables Progress to thicker, soft mashed or chopped fruits and vegetables. Strained meats Fruit juice from cup | <ul style="list-style-type: none"> Tongue moves food from side to side Can grasp large pieces of food Drinks from a cup | <ul style="list-style-type: none"> Begins sitting on own Eyes and hands work together |
| 10 to 12 Months | <ul style="list-style-type: none"> Breast milk or iron-fortified formula Tiny pieces of cooked vegetables, soft fruit, cooked meat, chicken, or poultry Mashed cooked beans, egg yolk or tofu Chopped noodles or rice Bite-size pieces of toast, plain crackers, or soft tortilla |  | <ul style="list-style-type: none"> Uses hands to hold cup Pulls up and walks |

Note: If your child was born prematurely or has a health problem, this list may not apply. Consult with your medical care provider before offering new foods.



APPLES FOR THE FAMILY



Makes any amount desired

Serving Size: 1/2 cup

Tip: Suggested varieties to use with this recipe are Gala, Rome, Braeburn or Macintosh

DIRECTIONS

This recipe is written so that apple puree, applesauce or cooked apples can be made.

1. Peel, core and cut the desired number of apples into slices or chunks.
2. Place slices or chunks into a pan with just enough water to slightly cover the apples.
3. Boil until tender. Be sure to stir and check the water level often.

To steam apples, place the slices or chunks in a vegetable steamer. Place the vegetable steamer in a pan to which water has been added. Be sure to stir and check the water level often. Steam until tender.

Based on the age of the child, continue by following the appropriate process:

For a puree consistency – Mash apples with a potato masher or the back of a spoon to achieve a smooth applesauce texture. Use a little of the leftover water to thin out the apples, if necessary. Place the apples into a blender and blend to achieve a smooth, thin puree. Cool before offering to the child.

For sauce - Apples may be mashed with a potato masher to achieve a smooth applesauce consistency. Add water if necessary. Cool before offering to the child.

For diced, cooked apples – Cut the slices or chunks into desired size. Cool before offering to the child.

Nutrition information Per Serving

70 calories

| | | | |
|---------------|-----|--------------------|------|
| Total Fat | 0 g | Total Carbohydrate | 17 g |
| Saturated Fat | 0 g | Dietary Fiber | 3 g |
| Protein | 0 g | Sodium | 0 mg |



Eat Smart



TAKE A STRETCH BREAK!

Pick one or two days this week that you can take 15 to 20 minutes to do some simple stretching. You will be surprised how much better you will feel. You can even do some stretching while you are watching TV or your baby is napping. What day this week will you get started?



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