



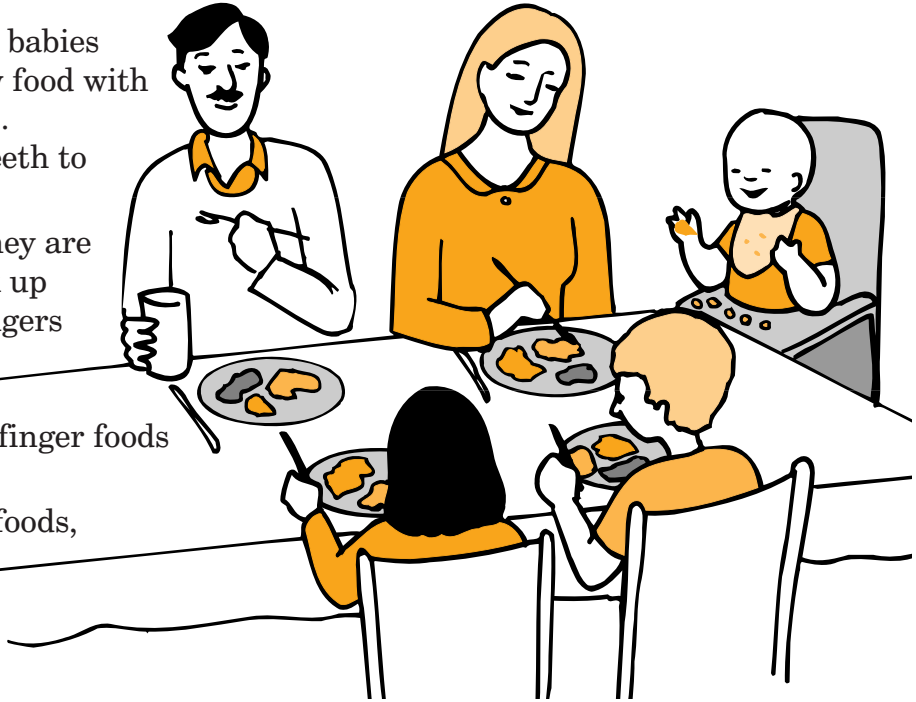
North Shore, Sea to Sky,  
Sunshine Coast, Powell River,  
Richmond and Vancouver

# Finger Foods

Around 6-8 months, babies are learning to chew food with their jaws and gums. Babies don't need teeth to eat soft foods.

By 8 to 9 months, they are also learning to pick up things with their fingers and bring them to their mouth. 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.



## Ideas for finger foods

Family foods can be cut up in small pieces so that baby can take part in meal time. Offer your baby different kinds of finger foods from all 4 food groups. Some examples are on the back of this page.

### To Prevent Choking:

Always be in the room to watch your baby eat.

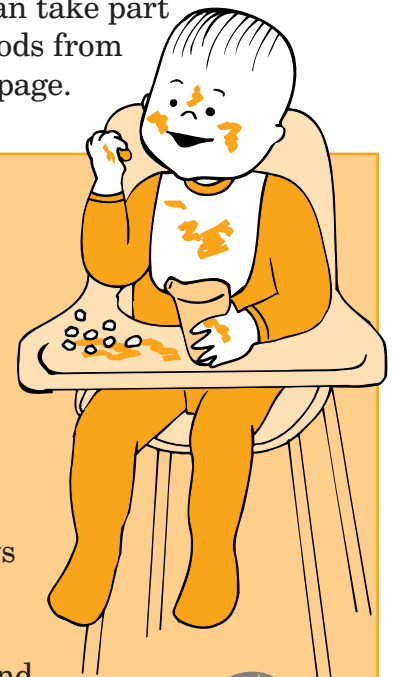
Feed babies when they are sitting in a high chair.

Do not give a baby small pieces of food that are round and hard, or slippery or 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

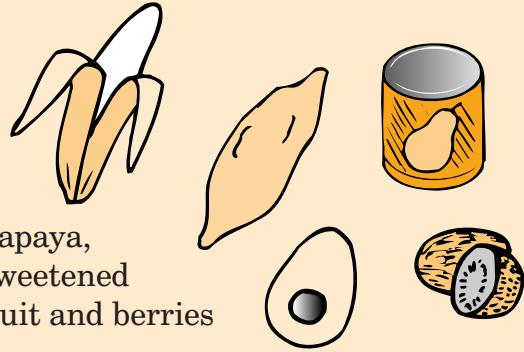
### Vegetables (soft cooked) and Fruits

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

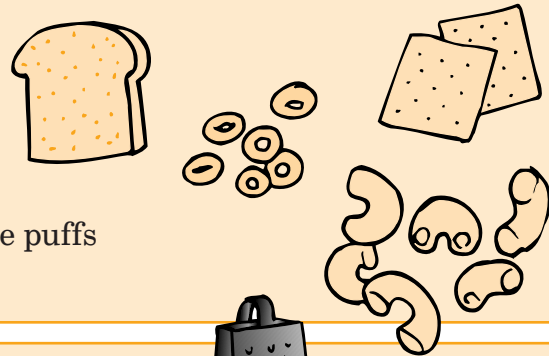
whole wheat toast

unsalted crackers

whole wheat bagels, buns, roti, tortilla

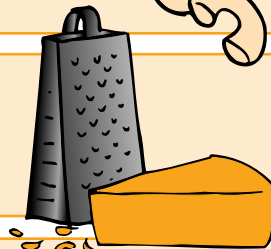
unsweetened oat ring cereal like Cheerios™, rice puffs

cooked soft macaroni, rotini noodles, rice



### Milk Products (after 9 months)

grated or sliced pasturized cheese

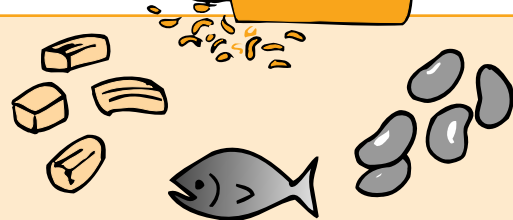


### Meat and Alternatives (soft, well cooked)

pieces of chicken, turkey,

ground or chopped meat, or fish (no bones)

cooked soft beans, lentils, cooked tofu cubes, egg



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/](http://www.healthlinkbc.ca/dietitian/)

or a Community Nutritionist or Public Health Nurse at Vancouver Coastal Health ..... [www.vch.ca](http://www.vch.ca)

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person to whom it was given by the health care team.

[www.vch.ca](http://www.vch.ca)