

# Raise HEALTHY Eaters

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Credible Nutrition Advice



[www.RaiseHealthyEaters.com](http://www.RaiseHealthyEaters.com)

Age	4-6	6-8	8-10	10-12
<b>Development Cues</b>	Lose tongue thrust, better head control, opens mouth to spoon	Sit without support, better able to control food in mouth	Sit alone, hand to mouth feeding, pincer grasp	Hold cup, hold spoon, eat with better hand-eye coordination
<b>Texture</b>	watery→pureed	Pureed→lumpy	lumpy→chopped	chopped/finger foods
<b>Priority Nutrients</b>	Iron (iron-fortified cereal), Vitamin D	Iron (meats), B6 (cereal, enriched/whole grains), Niacin (cereal, eggs, turkey), Zinc (cereal, meats), vitamin E (avocado, veg oils, cereal), phosphorus (cereal, meats, egg, fish)		
<b>Breast milk or formula</b>	Priority over food: breast milk (BM) 5-8/formula up to 32oz	Priority over food: slight decreases may be seen.	Gradual decline in breast milk and formula: 4-6 nursing sessions and 20-28 ounces formula. Some babies will drink more than others.	
<b>Foods to introduce</b>				
<b>-Beverages</b>	None except BM/formula	Water and no more than 4oz juice/day. Give baby sippy cup w/water b/t meals and juice only w/meal.		
<b>-Fruits</b>	Cooked and strained: apple, nectarines, peaches & plums. Raw banana/avocado	Mild raw fruits: *mango, pears, honey dew, *+cantaloupe, peaches, *papaya, 100% fruit juice	Grated apple, chopped *strawberries & blueberries, *kiwi	Grapes quartered, citrus fruits* chopped, cut-up raisins
<b>-Veggies</b>	*+Sweet potatoes, peas, green beans	*Broccoli, +carrots, *cauliflower, +winter squash, potatoes	Beets, +spinach, *+kale, summer squash	*Tomatoes, finely chopped lettuce, all others
<b>-Grains</b>	Single grain cereal rice, barley, oats and wheat	Mixed grain cereals	Unsweetened cold cereal (Cheerios), small pieces of bread	Whole grain crackers, all others
<b>-Meat, Poultry, Fish</b>		Chicken, turkey, beef	Mixed meals, fish	
<b>-Meat alternatives</b>		Egg yolk, cottage cheese, tofu	Beans (black, kidney, garbanzo etc)	Whole eggs, thinly spread peanut butter
<b>-Dairy</b>		Full-fat yogurt	Natural cheeses	
<b>Foods to avoid</b>	All others	No honey or corn syrup, no whole milk until 12 months		
<b>Choking hazards</b>	Food that is too thick. ALWAYS supervise baby at meals!	Always give food soft/chopped and safe sizes and shapes. No hot dogs, whole grapes or berries, popcorn, raisins, nuts and seeds, chunks of meat and cheese, chunks of peanut butter, raw veggies, big fruit chunks and chewing gum/hard candy.		
<b>Allergies</b>	Wait 2-3 days after introducing a new food to check for allergic reactions (rash, diarrhea, vomiting or breathing problems)			

Some babies will eat more and some less – use as a guide only. Please verify with your pediatrician. Created by Maryann Tomovich Jacobsen, MS, RD/2010 [RaiseHealthyEaters.com](http://RaiseHealthyEaters.com)

<b>Sample Day</b>	<b>4-6 months</b>	<b>6-8 months</b>	<b>8-10 months</b>	<b>10-12 months</b>
<b>Morning</b>	-Nursing or formula	-Nursing or formula	-Nursing or formula	Nursing/formula -Whole milk at one year
<b>B-fast</b>	-1-2 TBS iron-fort cereal mixed w/BM or formula -1-2 TBS *fruit or veggie (1 cube)	-1-4 TBS iron-fort cereal mixed w/BM or formula -2-3 TBS *fruit or veggie (1.5 cube) -egg yolk mashed w/milk -Water	-4-6 TBS iron-fort cereal mixed w/BM or form -2-4 TBS *fruit or veggie (1-2 cube) -egg yolk mashed w/milk -Water	-iron-fortified cereal -Well cooked scrambled eggs -Cut-up soft *+cantaloupe -Water
<b>Mid-morning</b>	-Nursing or formula	-Nursing or formula	-Nursing or formula	-½ cup yogurt w/cut-up bananas -Water
<b>Lunch</b>	-Nursing or formula	-Nursing or formula -1-4 TBS iron-fort cereal mixed w/BM or formula -2-3 TBS fruit or veggie (1.5 cube) -1/2 cup yogurt	-Nursing or formula -2-4 TBS meat or meat alternative -grain serving -2-4 TBS fruit or veggie (1-2 cube)	-Nursing or formula -Grilled avocado & cheese sandwich chopped up. -Cooked +carrot slices w/hummus -Water
<b>Late Afternoon</b>	-Nursing or formula -1-2 TBS cereal -1-2 TBS fruit or +veggie (1 cube)	-Nursing or formula	-2-4 TBS fruit (1-2 cube) -1/2 cup yogurt -Water	-Nursing or formula -WG crackers -string cheese -Water
<b>Dinner</b>	-Nursing or formula	-Nursing or formula -2-3 TBS meat or meat alternative -1 grain serving -2-3 TBS fruit or +veggie (1.5 cube)	-Nursing or formula -2-4 TBS meat or meat alternative -1 grain serving -2-4 TBS (1-3 cube) +veggie	-Chopped chicken *+Chopped sweet potato -Chopped green beans -Chopped up pear -Water
<b>Before bed</b>	-Nursing or formula	-Nursing or formula	-Nursing or formula	-Nursing or formula

Provide baby with at least one \*vitamin-C-rich fruit +vitamin-A-rich veggie daily

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