

Infants Starting Solid Foods

6-11 Months

Infants between 6-11 months, as developmentally ready, should be served the following items at all meals: iron fortified infant cereal, meat/meat alternate and fruits/vegetables

Choking Hazards: Always be aware of foods that can cause choking such as whole grapes, raw vegetables, and whole pieces of canned fruit

Creditable Options

Meat/Meat Alternates

Beef, turkey, chicken, ham, fish
Beans, cheese, eggs, yogurt

Fruits and Vegetables

Fruits and vegetables (texture modified as developmentally ready), pureed, diced, chopped

Grains

Iron-fortified infant cereal, ready-to-eat cereal, breads and crackers that are WGR or enriched

Non-Creditable Options

Breaded fish, canned fish with bones, hot dogs, nuts, nut butters, cheese food/cheese spreads, tofu, tempeh, soy yogurt

Juice, desserts such as fruit-flavored puddings or custards

Homemade infant cereal, infant cereal without iron fortification, pasta, oats, quinoa, rice, wheat, grain based desserts