



Care beyond traditional medicine

Integrative Pediatrics, LLC

Safe passage in a changing world.

11790 SW Barnes Rd., Bldg. A, Suite 140 | Portland, OR 97225

Phone: 503.643.2100 | Fax: 503.643.7300

FINGER FOODS FOR 8-12 MONTH-OLDS

Dry cereal, e.g., Cheerios, other with little added sugar; avoid sugar coating.

Toast, bagels, French toast or pancakes, cut lengthwise into strips or pieces.

Teething biscuits. Non-salty crackers.

Fruit - Canned, drained or softer fresh fruit such as peaches, pears, bananas, plums, peeled and cut into slices. Avocado cut into chunks.

Vegetables - Broccoli, carrots, zucchini, asparagus, potatoes. Steam until soft but not mushy, cut into chunks.

Yogurt.

Cheese - Jack, havarti, farmers', other mild soft cheeses cut in chunks. Cottage cheese, large curd. Cream cheese on crackers.

Meat - Chicken, turkey. Cooked until soft, cut in chunks or as cold cuts, sliced. Ground beef in small chunks. Thin sliced roast beef and pork.

Beans - Lima, kidney, garbanzo, lentils.

Pasta/Noodles. Try different shapes.

Rice - Soft, try cooking in broth.

Avoid the following foods until after one year of age: peanut and nut containing foods, fish, egg whites and honey.