

**NEEDHAM PEDIATRICS**  
**Dr. Alan K. Stern**

**FEEDING ADVICE 9-12 MONTHS**

**NEW FOODS:** Introduce potato, rice, noodles, jelly, grilled cheese and other finger foods. Yogurt and cottage cheese may also be introduced. Whole milk and egg whites may be introduced at one year of age.

**FEEDING CHANGES:** Your infant can now eat finely chopped or mashed table foods. This is about the time to wean your child off of the bottle. At 12 months your infant should be comfortable drinking from a cup. Offer water in a cup between meals.

**CAUTION:** Avoid raw carrots, peanuts, popcorn, raisin, grapes and hot dogs until your child is 3 years old. Children can easily choke on these items.

\*Peanut butter may be introduced between 2 and 3 years. If your child is allergic or there is a family history of food allergy or eczema, avoid peanut butter until 5 years of age.

**SAMPLE 11-12 MONTH MEAL SCHEDULE**

Breakfast: Breast milk/formula or whole milk (at 12 months), cereal, fruit, or egg yolk.  
Snack: Juice 2-4 ounces mixed with water, crackers or teething biscuits.  
Lunch: Breast milk/formula or whole milk, vegetable, meat, fruit.  
Dinner: Breast milk/formula or whole milk, meat, vegetable, other chopped foods.