

# Now I Am LEARNING TO WALK

When I am 10 to 12 months old, I may begin to pull myself up to standing. I may take a few steps on my own!



Wait to give me cow's milk until I am 1 year old.

Give me fruit instead of juice.

**Talk to my Nutritionist at WIC if you have any questions about feeding me.**

I may begin to:

- Feed myself well with my fingers
- Hold my own cup and drink
- Use a spoon to feed myself

I can try more foods that I can pick up with my hands and feed myself:

- Chopped fruits
- Soft cooked vegetables
- Noodles
- Pieces of tortillas
- Soft cooked rice

When I am hungry, I may:

- Begin to use words or sounds to ask for food

When I am full, I may:

- Shake my head to say "No More!"

Please do NOT feed me these foods; I might choke:

- Nuts
- Seeds
- Small pieces of raw or hard vegetables
- Raw peas
- Whole kernel corn
- Popcorn
- Whole grapes
- Hot dogs
- Sausages
- Large chunks of cheese
- Whole berries/cherries
- Raisins/dried fruit
- Large pieces of fruit
- Tough meat
- Hard/sticky candies
- Chewing gum
- Spoonful of peanut butter

Give me foods of the texture I am ready for.

I may need to try a new food 10 or more times before I eat it.

What I Can Eat	Serving Size	Number of Times per Day
Breast milk	Breastfeed me whenever I show you that I am hungry, about 3-4 times each day.	
Infant formula (wean from bottle to cup)	6-8 ounces	3-5 (24-32 ounces total)
Infant cereal (prepared thick)	2-4 tablespoons	2
Grains	2-4 tablespoons dry cereal, 1/2 slice dry toast, or 2 crackers	1
Meats/fish (without bones), eggs, cheese, yogurt, beans, tofu (pureed, ground, or chopped)	3-4 tablespoons	2
Vegetables, cooked (pureed, mashed, or chopped)	3-4 tablespoons	1-2
Fruits, soft or cooked (pureed, mashed, or chopped)	3-4 tablespoons	1-2
Peanut containing-foods (soft, pureed, diluted, and prepared thin)	I may be able to have peanut containing-foods once I am 6 months old. Talk to my health care provider before introducing foods containing peanuts.	