## FOOD SIZES FOR BABY

- 18 + MONTHS

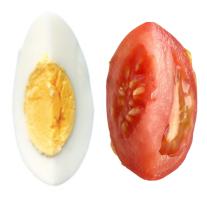
## 6 - 18 MONTHS+

Finger foods should be at least 1-2 inches in width and 2-3 inches in length, or long enough that when palmed by your baby, the food hangs out of each side so they can easily munch on it.











FINGER SHAPE

**WHOLE** 

**WEDGE SHAPE** 

**DISC/BALL SHAPE** 

## 9 - 18 MONTHS+

Around 9 months of age, your baby will start to develop their pincer grasp. You can then start serving smaller bite-sized pieces of food, about 1/2 an inch to 1 inch in size. Continue to offer bigger finger foods (as shown above) for biting practice.

\*Reminder: If you haven't yet introduced a fork by 12 months, this would be a great time to start (for at least some meals) so baby can practice picking up bite-sized pieces with a fork!



MINCED



SHREDDED









