

# FOOD SIZES FOR BABY

6 - 18+ MONTHS

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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



FLATTENED



QUARTERED LENGTHWISE



GRATED



DICED