

ROXBURY PEDIATRICS

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Starting Finger Foods

Your children may have a good appetite but not many teeth, so start with foods that they can gum or that will dissolve easily in their mouth. As they grow into toddlers you'll be able to give them bite-size pieces of whatever you're eating. Remember that your babies are also learning about texture, color, and aroma as they feed themselves, so try to offer a variety of foods. They should be easy to handle but not present a choking hazard. And be sure to choose foods that are nutritious, low in salt and sugar, and about the size of a pea.

Here's a list of finger food favorites:

- O-shaped toasted oat cereal or other low-sugar cereal
- Lightly toasted bread or bagels (spread with vegetable puree for extra vitamins)
- Small chunks of banana or other very ripe, peeled fruit, like mango, plum, pear, peach, cantaloupe, seedless watermelon or avocado
- Small cubes of tofu
- Well-cooked pasta noodles, cut into pieces
- Thin cheese strips or very small chunks of cheese
- Cut-up grapes, cherries (pits and seeds removed), blueberries
- Small pieces of cooked soft vegetables, like carrots, peas, zucchini, potato, sweet potato, broccoli- soft enough to cut with a fork
- Small (pea-size) pieces of cooked chicken or fish, ground meat, ground turkey
- Rice cakes broken into small pieces