



Healthy Finger Foods for Infants – Guidelines for Child Care Providers

Finger foods should be added to the diet of infants when they are ready at 7 to 10 months. Offering an infant healthy foods can lead to healthy food choices in later years. Infants do not need to have teeth to eat finger foods. Below is a list of healthy finger foods for infants to try. **Always watch infants when they are eating!**

Appropriate Healthy Finger Foods

7 Months	8 Months	9 Months	11 Months
Teething Biscuits Arrowroot Cookies	Graham Crackers Unsalted Crackers	Cooked Macaroni Dry Toast Strips Canned, Chopped Fruit Dry Cereals	Bananas (cut into sticks*) Soft, Well-Cooked Vegetables (cut into sticks*)

* “Cut into sticks” = the diameter of the sticks should be no larger than the size of an adult’s little finger.

Avoid These Foods Because of Choking Risk (it is the size and shape of these foods that are a problem):

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| <ul style="list-style-type: none"> ✓ Nuts ✓ Popcorn ✓ Candy ✓ Peanut Butter ✓ Chips/Pretzels ✓ Fruit (not cut & with seeds) | <ul style="list-style-type: none"> ✓ Corn ✓ Grapes ✓ Raw Vegetables ✓ Chewing Gum ✓ Raisins/Dried Fruit ✓ Hot Dogs |
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