

Infant Foods

Directions: Circle the foods below that could be appropriate for a baby 6-12 months of age. If it is not appropriate, indicate a similar replacement or a way to prepare the food that would be safe for a baby. For example, a raw apple would not be safe for a baby, but applesauce would be.



Cow's milk



Bread



Whole grapes



Raw carrots



Honey



Banana



Oatmeal



Nuts



Cooked vegetables