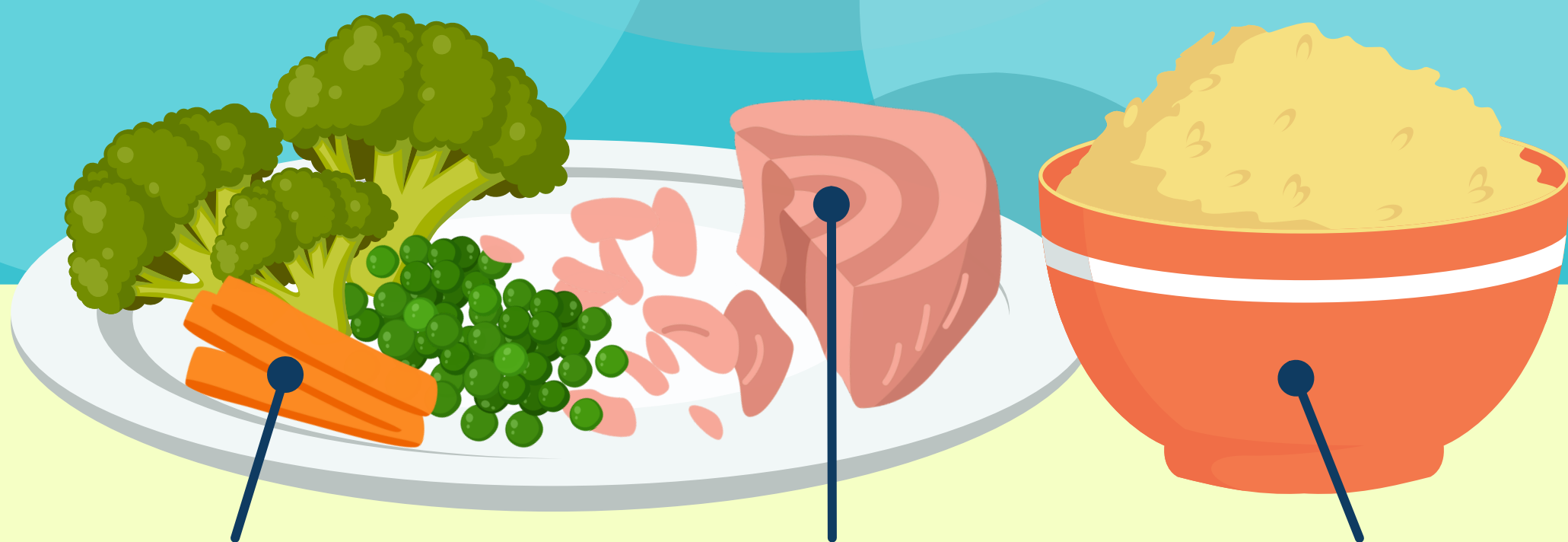


Family Foods by One Year



Between 9 and 12 months, most babies can enjoy adapted family meals and feed themselves more confidently.

FOOD EXAMPLES



**Mixed vegetables
cooked until soft**

**Flaked fish or mashed
beans for protein and iron**

**Soft grains or small
pasta shapes**

Keep foods soft and bite-sized

or cut into thin slices that the baby can grab and bite into. **Encourage self-feeding and shared family meals whenever possible.** By around 12 months, most babies should drink mainly from a cup rather than a bottle.

