

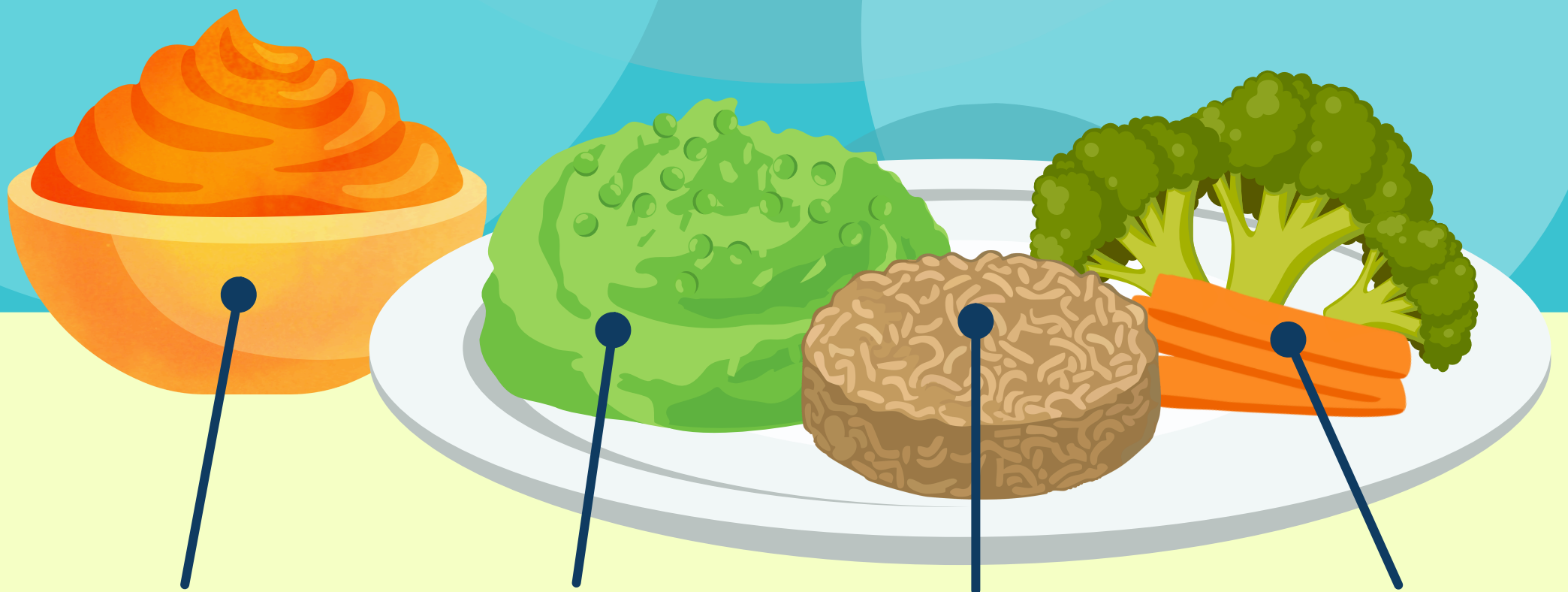
New Textures (6-9 Months)



As babies grow, their feeding skills develop.

Offering the right textures at the right time supports safe eating and self-feeding.

FOOD EXAMPLES



Smooth purées
when solid foods
first begin
(e.g. puréed lentils)

**Thicker, mashed
foods as control
improves**
(e.g. mashed peas)

**Soft, lumpy foods
such as minced or
flaked foods**
(e.g. minced chicken)

**Finger foods when
babies can sit
upright and bring
food to their mouth**
(e.g. cooked carrots,
broccoli florets, or
soft fruits)

By around 8–10 months

most babies should be eating lumpy foods.

This supports chewing and other oral motor skills later on.

