

# Finger Foods for Your Famished Toddler



Photo by Lexi Logan

Got a baby starting on **finger foods**? Good news: You don't have to go broke over buying toddler Puffs®.

Babies and young toddlers don't have a lot of teeth. In fact, a full set of teeth does not come in until around two years of age. In the meantime, to help your new eater avoid choking, cut up food into tiny pieces. Now, sawing at food with a knife is not easy. Meet your new friend: the kitchen shears! For

perfect finger foods, use shears to snip food into ideal toddler bite-sized pieces.

Cut table food into bite-sized pieces smaller than a grape, or approximately Cheerio® sized, and place on a clean surface, such as the high chair tray. Plates are not necessary and often end up on the floor. Go ahead and give your toddler a fork but don't expect him to use it- most toddlers are eighteen months before they can master a fork or spoon. Always be present when he is eating in case he starts to choke. Toddlers tend to put a handful of food in their mouth at one time, so teach your child to eat pieces of food "one at a time."

Forget the toddler-food aisle, just grab your shears and cut away. Below are finger foods to help you get started. These foods are appropriate for babies who are able to finger-feed, starting anywhere between 7 to 9 months of age, even without teeth:

canned mandarin oranges

fruit cocktail (in juice, not syrup)

bananas

diced peaches

diced pears

diced melon

diced berries, cut blueberries in half at first

diced cooked apples

raw tomato pieces

avocado

beef stew

liverwurst cut into small pieces

diced cooked meat

Cooked, diced chicken

Diced cooked fish (careful to discard any bones) [click here for U.S. Food and Drug Administration recommendations](#)

tofu (extra-firm is easiest to cut)

black beans, cooked or canned (rinse off the salty sauce they come in)

egg salad or hard-boiled egg pieces  
bits of scrambled egg  
soft cheese- such as American or Munster  
vegetable soup (just scoop out the veggies and give them to your child. You can put the broth into a cup for him to drink)  
diced cooked veggies such as peas, carrots, corn, broccoli, zucchini, etc.  
diced cucumbers  
cooked diced squash  
cooked diced potatoes, sweet potatoes, or yams  
rice (rinse the rice grains in cold water prior to cooking to wash away trace amounts of arsenic that can be found in rice, couscous, quinoa  
noodles  
pierogies  
mini ravioli  
macaroni and cheese  
waffles  
pancakes  
french toast  
crackers with cream cheese  
toast with jelly  
toast with nut-butter (soy, peanut, almond, sunflower, etc.)  
stuffing  
Cheerios®

If your baby still likes his cereal, you can continue to offer it (We both still like oatmeal- it's not just for babies!). Just be sure to vary the types of grain that you offer your baby.

Bon appetite!

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