

# TEXTURE & FORM OF WEANING FOODS

At around 6 months, your baby's food should be smooth, soft and fine (as shown below). As he grows older and his chewing abilities develop, the food texture can become thicker and coarser. At around 10 – 12 months, the food you give him needs to only be mashed, chopped or cut into small pieces.

HERE'S A GUIDE TO HELP YOU DETERMINE THE APPROPRIATE TEXTURE FOR YOUR BABY'S FOOD:

ABOUT 6 MONTHS 1-2 YEARS



|   | Column 1  | Column 2  | Column 3   | Column 4  |
|---|---|---|--|---|
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