



Finger Food Ideas For Baby

FRUITS - Colorful and highly nutritious, small soft bits of fruit will have your baby's fingers pinching away for hours. Fruits make great baby finger foods, be sure to take out any seeds or pits.



- soft baked peaches - diced
- small dices of ripe banana
- small bits of ripe mango
- dices of ripe pears
- small dices of melon
- small bits of avocado
- squished blueberries
- kiwi - diced small (seeds should be ok for baby over 10 months old)
- small dices of mixed fruits for a "finger fruit salad"

Coat slippery fruits with Cheerio "dust" or wheat germ for easier pick-up.
Shake on some spices to liven up the fruits!



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Vegetables - like Fruits, veggies make great baby finger foods; be sure veggies are soft cooked, seeded and peeled as needed.



- soft baked sweet potato dices or sweet potato fries
- soft baked white potato dices
- small dices of soft cooked carrots
- small dices of soft cooked peas
- small dices of soft cooked broccoli
- small bits of soft cooked green beans
- small bits of soft baked butternut or acorn squash
- small dices of soft cooked veggies mixed as a "veggie salad"

Try roasting some veggies for yummy finger foods! Don't forget the herbs and spices for extra taste appeal.



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More Foods for Finger Foods - finger foods do not always have to be simple fruits and vegetables. Try some of our ideas below:



- tofu cubes "dusted" with cereal dust or wheat germ & diced into tiny cubes
- soft cooked pasta (ditalini or cut up rotini)
- small bits of soft cheeses like cheddar, jack, gouda etc.
- small dices, shreds of soft cooked chicken, fish, beef or turkey (mix with baby's favorite puree as a "sauce")
- cereals such as multi-grain Cheerios or Oatie-Os
- petite toast points with a fruit puree or thin cream cheese
- scrambled egg yolks



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