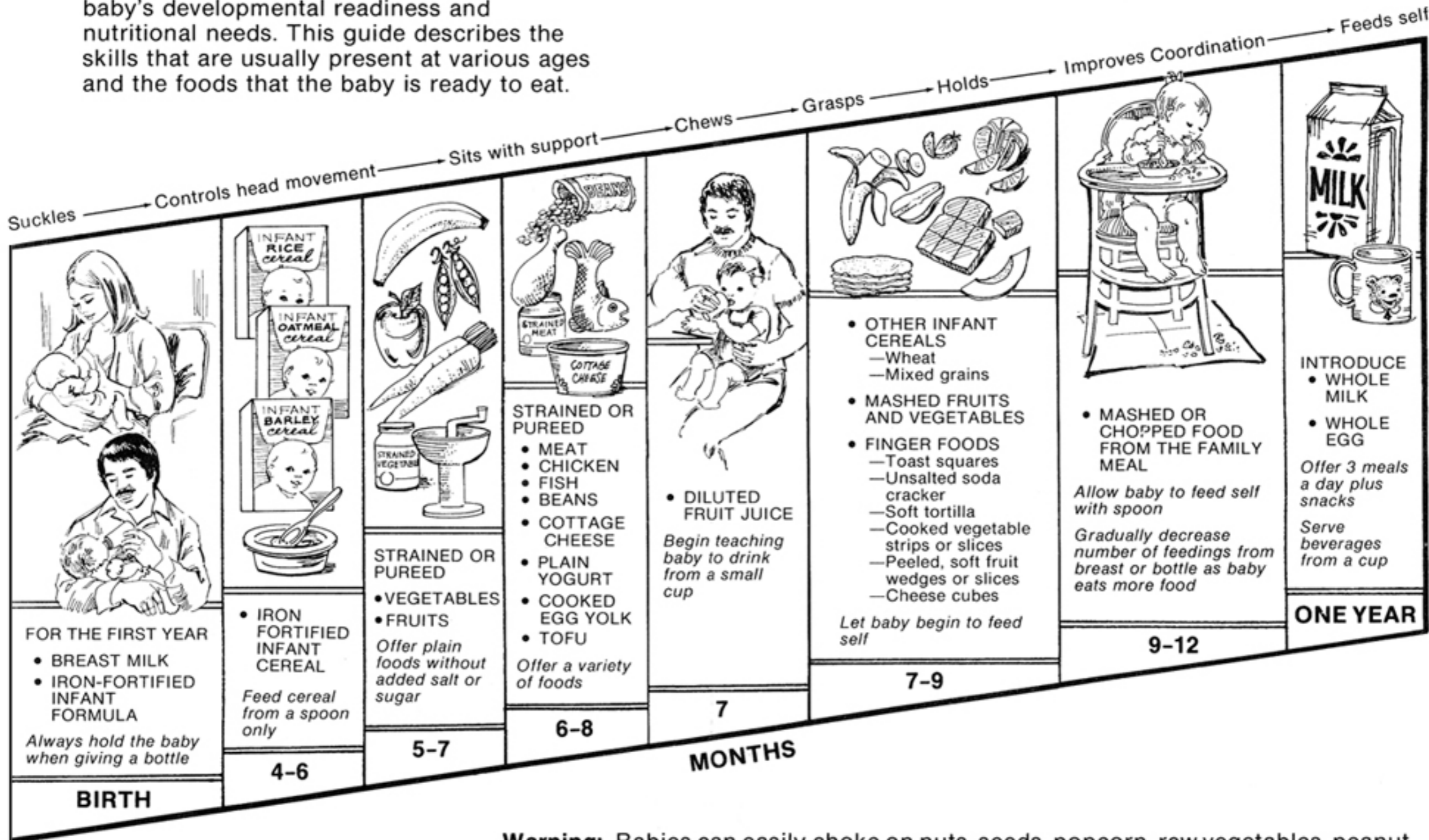


FOOD FOR BABY'S FIRST YEAR

The foods that a baby can eat depend on the baby's developmental readiness and nutritional needs. This guide describes the skills that are usually present at various ages and the foods that the baby is ready to eat.



Warning: Babies can easily choke on nuts, seeds, popcorn, raw vegetables, peanut butter, meat sticks and hot dogs. **Do not give** these foods. Young children should be closely watched when they are eating.