

Food Options

11 For An 11-Month-Old



Fruits

Babies can eat most fruits after six months, but citrus fruits should be introduced one at a time to avoid allergic reactions.



Dairy products

Yogurt is suitable for 11-month-olds, but introduce cow's milk only after 12 months.

Vegetables

Most vegetables are suitable for 11-month-olds, but tomatoes, raw carrots, and celery should be introduced after 12 months.



Grains and cereals

All grains and cereals can be used to make cereal meals for the baby.

Meat

All types of meat and poultry are suitable, but eggs should only be introduced after the child is one year old.

