

Developmental Feeding Continuum

Approximate Developmental Age	Type of Food
0-13 months	Breast milk/bottle (formula)
5-6 months	Thin baby food cereals
6-7 months	Thin baby food purees (Gerber Stage 1)
7-8 months	Thicker baby food cereals and thicker baby food smooth purees (Gerber Stage 2)
8-9 months	Soft mashed table foods and table food smooth purees
9 months	Meltable Solids (i.e. Towne House crackers, Gerber biter biscuits, graham crackers)
10 months	Soft Solids (i.e. bananas, Gerber Graduate fruits, avocado)
11 months	Soft Single Texture Solids (i.e. muffins, soft pastas, thin deli meat)
12 months	Soft Mixed Texture Solids (Gerber Stage 3) (i.e. macaroni and cheese, French fries, lasagna)
12-14 months	Soft Table Foods