



Physical signs:

- May need head support
- May be gaining head control

Hunger cues:

- Cries or fusses to show hunger
- May bring fingers to mouth
- Roots for nipple

Important nutrients:

Breastmilk is best for babies and provides the nutrition for cognitive development and physical growth. When breastmilk isn't an option, iron-fortified infant formula provides complete nutrition and is the only alternative for breastmilk.

Eating skills:

- Uses sucking pattern from breast or bottle

Fullness cues:

- Releases nipple or stops sucking
- Slows down speed of sucking—may even fall asleep

Appropriate nutrition choices:

- Breastmilk
- GERBER® GOOD START® formulas



Physical signs:

- Sits with help or support
- On tummy, pushes up on arms with straight elbows

Hunger cues:

- Cries or fusses to show hunger
- Smiles and looks at you while feeding
- Opens mouth and leans toward spoon

Important nutrients:

Most nutrient needs are being met by breastmilk or formula. Breastfed babies need supplemental iron and zinc at around the middle of the first year. Iron-rich infant cereal is an excellent source of iron.

Eating skills:

- Moves pureed food forward and backward in mouth with tongue to swallow

Fullness cues:

- Releases nipple or stops sucking
- Slows down speed of sucking—may even fall asleep
- Turns head away from spoon
- Spits out familiar food

Appropriate product choices:

- GERBER® Single Grain Cereals
- GERBER® 1ST FOODS® purees



Physical signs:

- Sits independently
- Picks up and holds small object in hand

Hunger cues:

- Opens mouth and leans toward spoon
- Shows excitement when food is presented

Important nutrients:

Iron and zinc from infant cereal and pureed meats help meet babies' needs. Introduce a variety of fruits and veggies to promote healthy eating habits.

Eating skills:

- Uses upper lip to help clear food off spoon

Fullness cues:

- Moves head away from nipple
- Turns head away from spoon
- Becomes distracted or notices surroundings more

Appropriate product choices:

- GERBER® Mixed Grain Cereal
- GERBER® 2ND FOODS® purees
- GERBER® Yogurt Blends
- GERBER® 100% Fruit Juice
- GERBER® Yogurt Juice



HEALTHY EATING AT EACH STAGE OF DEVELOPMENT



Resource Center

There's more online!

Go to gerber.com/guide

to find ideas for appropriate foods and portion sizes just right for your baby's stage of development.

Appropriate products for each developmental milestone

	BIRTH+	SUPPORTED SITTER	SITTER	CRAWLER	TODDLER	PRESCHOOLER
GERBER® GOOD START® formulas	●	●	●	●	●	
GERBER® Cereals		●	●	●	●	
GERBER® 1ST FOODS® purees		●	●	●	●	●
GERBER® 2ND FOODS® purees			●	●	●	●
GERBER® Juices			●	●	●	●
GERBER® Yogurt Blends			●	●	●	●
GERBER® 3RD FOODS® purees				●	●	●
GERBER® GRADUATES® for Crawlers snacks & dices				●	●	●
GERBER® GRADUATES® for Toddlers meals, snacks & beverages & yogurt					●	●
GERBER® GRADUATES® for Preschoolers meals & snacks						●



Physical signs:

- Crawls with stomach off floor
- May pull self to stand

Hunger cues:

- Reaches for food when hungry
- Shows excitement when food is presented

Important nutrients:

Iron and zinc from cereals and meats continue to be important. Offer a variety of fruits, veggies and whole grains. These foods supply important nutrients and promote healthy eating habits.

Eating skills:

- Begins to use jaw to mash food
- Begins to self-feed with fingers

Fullness cues:

- Turns head away from spoon
- Spits out familiar food or pushes it away
- Becomes distracted or notices surroundings more

Appropriate product choices:

- GERBER® 3RD FOODS® purees
- GERBER® GRADUATES® for Crawlers snacks and dices
- GERBER® GOOD START® 2 formulas



Physical signs:

- Stands alone and begins to walk alone

Hunger cues:

- Expresses desire for specific foods with words, sounds, or gestures

Important nutrients:

Nutrients from wholesome food choices are important as toddlers transition from breastmilk or formula. Choose lots of fruits, veggies, whole grains, lean meats/poultry and dairy foods. Fiber, vitamin E, potassium and healthy vegetable fats are often gaps in toddlers' diets.

Eating skills:

- Feeds self easily with fingers
- Begins to use spoon and fork
- Bites through a variety of texture

Fullness cues:

- Shakes head to say "no more"
- May use words like "all done" and "get down"

Appropriate product choices:

- GERBER® GRADUATES® for Toddlers meals, snacks & beverages



Physical signs:

- Runs well without falling
- Sits in a booster seat or child seat at family meals

Hunger cues:

- Expresses self with phrases or simple sentences
- Seeks out specific foods

Important nutrients:

Continue to offer a variety of fruits, veggies, whole grains, meats/poultry and beans and low-fat dairy foods. Fiber, potassium and vitamin E are common gaps in preschoolers' diets.

Eating skills:

- Chews more skillfully and efficiently
- Masters use of spoon and fork

Fullness cues:

- Expresses self with phrases or simple sentences
- Loses interest in eating

Appropriate product choices:

- GERBER® GRADUATES® for Preschoolers meals and snacks

