

# Recommended Food Options for American Baby Ages 6 to 12 Months



**Baby Foods**



**Broccoli**



**Chickpeas**



**Blueberries**



**Scrambled Egg**



**Sliced Bananas**



**Baby Oatmeal**



**Diced Carrots**



**Finger Foods**



**Scrambled Egg**



**Pears**



**Yogurt**

