

CHARTS

11 Month Baby Food Chart: Preparing for the First Birthday

Almost 1 year old! See what your 11-month-old can eat, how to transition toward family foods, and get our sample feeding schedule and first birthday food prep tips.

Frequently Asked Questions

What can an 11 month old eat?

An 11 month old can eat a wide variety of soft, chopped family foods across three meals and snacks, proteins, grains, dairy, and plenty of fruits and vegetables. Keep avoiding honey, added salt and sugar, and choking hazards until the recommended ages.

How much should an 11 month old eat?

Appetites vary day to day. Offer three balanced meals plus one or two snacks and let your baby decide how much to eat. Breast milk or formula continues until at least 12 months.