



# Use baby cereal to offer your baby a variety of textures

**Offering a variety of textures helps baby develop eating skills:**

- Baby cereal can be made with breastmilk, infant formula or water
- Always pour cereal amount in bowl first, close canister, and then add your liquid to the bowl
- Use different amounts of liquid to offer a variety of textures



## Readiness cues:

- ✓ Good head control
- ✓ Sits independently
- ✓ Brings objects to mouth
- ✓ Seems interested in food



1/4 cup cereal



1 cup breastmilk, formula or water

## Thin

Mix to look like tomato soup



1/4 cup cereal



1/2 cup breastmilk, formula or water

## Smooth

Mix to look like a smoothie



1/4 cup cereal



6 tablespoons breastmilk, formula or water

## Thick

Mix to look like hummus



1/4 cup cereal



1/3 cup breastmilk, formula or water

## Lumpy

Mix to look like mashed potatoes



Texture Tip:  
**Cereal + Purees**

Mix a tablespoon of baby cereal into baby food fruit and veggies purees to add a new texture to your baby's diet. Stir well!

