

Toddler's Path to the Family Table



12+ Months food variety

Milestones:

- ✓ Recognizes food by sight, smell, and taste.
- ✓ Drinks from a closed cup, reaches for the spoon, and gradually learns to self-feed.

Solid food guide:

- ✓ Continue to offer a variety of new and familiar foods.
- ✓ Offer your toddler choices (if they prefer one veggie over another).



For more information, visit:

<https://medical.gerber.com>

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