



birth+



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 contributes greatly to cognitive development and physical growth. When breastmilk isn't an option, iron-fortified infant formula provides complete nutrition and is the only substitute 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 product choices:

- Breastmilk
- NESTLÉ® GOOD START® formulas



supported sitter



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-fortified 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 Cereal
- GERBER® 1ST FOODS® purees



sitter



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 Cereals
- GERBER® 2ND FOODS® purees
- GERBER® 100% Fruit Juice
- GERBER® Yogurt Juice



HEALTHY EATING AT EACH STAGE OF DEVELOPMENT

Start Healthy Stay Healthy Nutrition Guide

THERE'S MORE ONLINE!

Go to StartHealthyStayHealthy.com/NutGuide for stage-specific serving sizes and menus created by our nutrition and feeding experts.

Appropriate products for each Milestone Symbol™

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



crawler



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
- GRADUATES® for Crawlers snacks and dices



walker



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, 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:

- GRADUATES® for Toddlers meals, snacks, and beverages
- NESTLÉ® GOOD START® 2 formulas



ages 2-4



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 healthy food choices: fruits, veggies, whole grains, lean meats, low-fat dairy, and beans. The love of healthy foods established in previous stages will help ensure adequate nutrient intakes now.

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:

- GRADUATES® for Preschoolers meals and snacks



STAGE-SPECIFIC FOODS FOR YOUR LITTLE ONE At the grocery store, use this checklist to help you find the right foods at each stage of your child's development. Go to StartHealthyStayHealthy.com/foods to find a full list of NESTLÉ® GOOD START®, GERBER®, and GRADUATES® products—plus their nutrition labels!



- NESTLÉ® GOOD START® Gentle PLUS™ formulas
- NESTLÉ® GOOD START® Protect PLUS® formulas
- NESTLÉ® GOOD START® Soy PLUS™ formulas



- GERBER® Single Grain Cereals
- GERBER® Single Grain Cereals with DHA
- GERBER® 1ST FOODS® fruits
- GERBER® 1ST FOODS® vegetables
- GERBER® Organic 1ST FOODS® purees



- GERBER® Mixed Grain Cereals
- GERBER® Grain and Fruit Cereals
- GERBER® 2ND FOODS® purees
- GERBER® Organic 2ND FOODS® purees
- GERBER® 2ND FOODS® purees with DHA
- GERBER® 100% Fruit Juice
- GERBER® Yogurt Juice Blend



- GERBER® 3RD FOODS® purees
- GERBER® Organic 3RD FOODS® purees
- GRADUATES® Puffs
- GRADUATES® YOGURT MELTS™ snacks
- GRADUATES® LIL' CRUNCHIES® snacks



- GRADUATES® LIL' ENTREÉS® selections
- GRADUATES® PASTA PICK-UPS® raviolis
- GRADUATES® FRUIT STRIPS™ snacks
- GRADUATES® Fruit & Cereal Bars
- GRADUATES® FRUIT SPLASHERS® beverages
- NESTLÉ® GOOD START® 2 formulas



- GRADUATES® for Preschoolers Healthy Meals
- GRADUATES® for Preschoolers Fruit Twists
- GRADUATES® for Preschoolers Fruit Juice Treats

