

# My 6-9 Month Old Baby



What and how much food should he be eating?



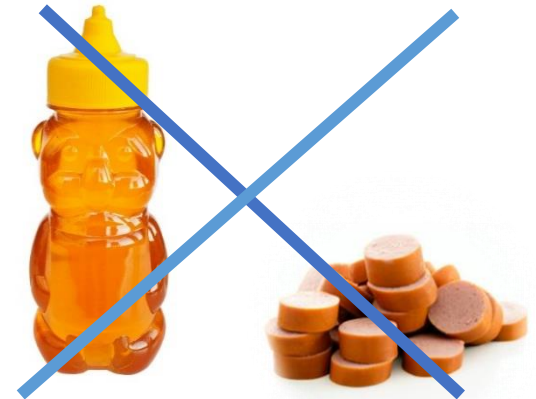
When do I offer her food that is not smooth and runny?



I am wondering about....



How do I start her on a cup?



What about food safety or foods to avoid?