



Crawler nutrition basics

Daily nutrition goals & food groups for Crawlers

You know your little one needs a variety of tastes and textures for healthy growth and development, but sometimes it's a challenge to visualize what that means. We've put together a few examples to help make it easier.

Food Group	Amount per day	Serving Size examples	Product/Food examples
Breastmilk or infant formula	24 fluid ounces	On demand or 4 fl oz	Gerber® Good Start® Infant Formulas Gerber® Natura Organic Infant Formula

Food Group	Amount per day	Serving Size examples	Product/Food examples
Vegetables	½ cup	½-1 tub of Gerber® Lil' Bits® vegetables	Gerber® Lil' Bits® vegetable varieties
		½ tray Gerber® Veggie Pick-Ups™ Carrots (10 months or older)	Gerber® Veggie Pick-Ups™ (10 months or older) Small soft pieces of cooked vegetables – soft diced green beans, zucchini, or spinach
Fruits	½ cup	½- 1 tub of Gerber® Lil' Bits® fruits	Gerber® Lil' Bits® Fruit varieties
		½ tray Gerber® Fruit Pick-Ups™ Diced Apples (10 months or older)	Gerber® Fruit Pick-Ups™ Varieties (10 months or older) Small soft pieces of fruit – such as diced strawberries, halved blueberries, diced peaches
Meat/Beans	1 ounce	2 tablespoons of Gerber® 2nd Foods® meats	Gerber® 2nd Foods® meats Scrambled eggs
Grains	1 ounce equivalent	¼ cup (4 tablespoons) Gerber® Baby Cereals	Gerber® Lil' Bits® Cereals Gerber® Lil' Bits® baby food cereal varieties
		1 tub Gerber® Lil' Bits® cereals	Soft cooked noodles

*Your baby's needs may be greater or less than these stated; always follow your baby's hunger and fullness cues.

Finding the right food for your Crawler

Did you know that new textures actually help your baby develop their eating skills? It's true! Depending on their chewing ability and interest, they may be ready to try something new, and that's great because it will help broaden their sources of [nutrition](#). When your child is developmentally ready, here's some foods to give a try.

3RD FOODS® Lil' Bits® Fruits or Vegetables

The little pieces make for good practice when it comes to side-to-side tongue movements and up and down jaw action.

3RD FOODS® Lil' Bits® Dinners and Cereals

These dinners and cereals are made of a thick baby food that hugs the small, soft pieces of fruit, veggie, pasta or grain. It's a mixture that helps your baby experience new textures—without having to figure out how to handle all those separate pieces.

Puffs & Yogurt Melts® Snacks

Not only are they easy to pick up—which helps develop fine motor skills and

hand-eye coordination—Puffs & Yogurt Melts® Snacks dissolve in your baby's mouth for a simple and fun treat.

Veggie Pick-Ups™ Diced Carrots and Fruit Pick-Ups™ Apple

Made up of very soft veggies and fruits that mash up easily in your little one's mouth—this texture helps your baby practice their eating skills. Try this one with your Crawler when they are 10 months or older.