

## **Listing of Creditable Bread and Crackers for 8-11 Month Old Infants**

Taken from *Feeding Infants: A Guide for Use in the Child Nutrition Programs*

### **Bread and Crackers**

Bread or crackers may be served at the snack or with meals throughout the course of the day. Consult with each baby's parent about bread and crackers being introduced at home so that you can serve the same food at the same time. At 8 or 9 months of age, babies enjoy having finger foods so they can practice picking up the foods. Also, at that age a baby's risk of having a reaction to wheat decreases. Examples of foods to serve babies include:

- Strips or small pieces of dry bread or toast or crackers,
- Plain crackers preferably low in salt such as low salt soda crackers (avoid crackers with seeds, nuts, or whole grain kernels),
- Small pieces of soft tortilla or soft pita bread, or
- Teething biscuits.

Check the food label to make sure the crackers or bread are made from whole-grain or enriched meal or flour.

**The types of bread and crackers that are reimbursable on the Infant Meal Pattern include:**

### **Bread**

- Breads (white, wheat, whole wheat, French, Italian, and similar breads, all without nuts, seeds, or hard pieces of whole grain kernels),
- Biscuits,
- Bagels (made without nuts, seeds, or hard pieces of whole grain kernels),
- English muffins,
- Pita bread (white, wheat, whole wheat),
- Rolls (white, wheat, whole wheat, potato),
- Soft tortillas (wheat or corn).

### **Crackers**

- Crackers - saltines, low salt crackers, or snack crackers made without nuts, seeds, or hard pieces of whole grain kernels.

Only serve bread or crackers if the parent, in consultation with the baby's doctor, agrees for them to be served and after they have previously been introduced to the baby with no problems. If any of the above foods are served, prepare them in a form that a baby can eat without choking.

### **AVOID**

Do not feed babies these foods, which present a choking risk:

- Snack potato or corn chips, pretzels, or cheese twists,
- Cookies or granola bars,
- Crackers or breads with seeds, nut pieces, or whole grain kernels such as wheat berries, and
- Whole kernels of cooked rice, barley, or wheat; these should be finely ground or mashed before feeding to babies.