

# Age-appropriate

## Ways To Serve

### Figs To Babies



#### 6 to 9 months



- Remove the stem and cut a soft, ripe fig into two halves lengthwise.
- Monitor the baby while self-feeding to avert the choking risk.
- If unsure of feeding large fig pieces, mash the fig and mix it with soft foods such as baby cereal.

#### 9 to 12 months



- Remove the skin and quarter a medium-sized, ripe fig lengthwise.
- Alternatively, cut big figs into bite-sized pieces and serve them to the baby.
- Try pairing fig pieces with different foods such as other fruits and finger foods.

#### 12 months and above



- Depending on the baby's self-feeding skills, serve them large or bite-sized fig pieces as finger food to relish.
- Pair these pieces with other foods, such as Greek yogurt dip, to offer baby variety in the meal.