Favorite Finger Food

When can my child eat Cheerios?

https://www.cheerios.com/favorite-finger-foods/
Your pediatrician can tell you for sure, but kids age 9 months and older typically are ready for foods like original Cheerios when:

- They have mastered the art of chewing. (it doesn’t matter how many teeth they actually have)
- They can use the “pincer grasp” and can pick up small objects.
- They can sit up without support.

Cheerios are puffed.

Easy to grab and swallow, and dissolves easily in the mouth.
Great source of whole grain.

100 percent whole grain oats, 2/3 of toddlers’ daily whole grain recommendation, 1 gram of sugar, 11 vitamins and minerals.

Original Cheerios cereal has 16 grams of whole grain per serving for toddlers (children under four years of age). At least 24 grams are recommended for toddlers daily.