Starting Your Baby on SOLIDS

At about 6 months baby can start eating solid food. But breastmilk is still baby’s main food.

Start with very thin, iron-fortified cereal, mixed with breastmilk or formula. Slowly thicken foods as baby gets older. Use pictures as suggestions, but add your own choices as well.

6 Months
- Keep first foods smooth and thin.
- Start with 1-2 teaspoons or less.
- Start each feeding with breastmilk or formula.
- Wait 3-5 days for each new food.
- Never put cereal or food in the bottle.

Look for signs of HUNGRY and FULL

HUNGRY babies
- Reach for your food
- Point to food
- Get excited when they see food

FULL babies
- Turn their heads away
- Push food away or play with it
- Close mouths tight
- Slow down eating

7 Months
- Introduce fruits, vegetables and other foods to mixed foods.
- Baby still needs 24-32 oz of breastmilk or formula a day.
- Help baby learn to drink from a cup without a lid.

Division of Responsibility
Parents are responsible for:
- What to feed
- When to feed
- Where to feed
Children are responsible for:
- How much to eat
- Whether to eat
8-10 Months
- Baby develops at his or her own pace.
- Be sure baby can easily eat and swallow one texture of food before adding the next.
- Let child hold a spoon.

Food texture changes over 6-12 months, from THIN to THICKER.

1. Smooth and thin (around 6 months)
   - Ground meat, veggies and rice
   - Mashed fruit
   - Baby fruit, unsalted crackers
   - Egg yolk and broth

2. Strained or pureed (around 6-7 months)
   - Mashed vegetables
   - Cereal and fruit
   - Ground or finely chopped (around 8-9 months)
   - Baby food chicken
   - Breastmilk or 24-32 oz. of formula daily

3. Mashed smooth with some tiny pieces (around 8-9 months)
   - Whole wheat toast
   - Breastmilk
   - Soft cooked veggies

10-12 Months
- By 12 months, baby can eat a variety of textures.
- Baby can also eat many of the same foods as the rest of the family.
- Mash or cut food into small, soft pieces.
- Serve a variety of grains, fruits, vegetables, protein and dairy.

Choking hazards. These foods are dangerous until age 4.
- Popcorn
- Chunks of raw veggies
- Chunks of peanut butter
- Grapes
- Gum
- Nuts, seeds and raisins
- Candy
- Hot dogs
- Meat chunks

No honey or cow’s milk until age 1.