

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.



Thin, iron-fortified cereal



Applesauce



Sweet potato



Pureed peaches



Pureed peas



Breastfeed

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

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

7 Months

- Start with small amounts of fruits, vegetables and proteins 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.



Baby food chicken



Iron-fortified cereal



Pureed fruit and vegetables



Mashed banana



Pureed rice



Breastfeed

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.



Ground meat, veggies and rice



Mashed fruit



Mashed vegetables



Baby fruit, unsalted crackers



Egg yolk and broth



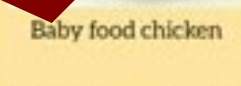
Cereal and fruit



Baby food chicken



Whole wheat toast



Breastmilk or 24-32 oz. of formula daily

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

1



Smooth and thin (around 6 months)

2



Strained or pureed (around 6-7 months)

3



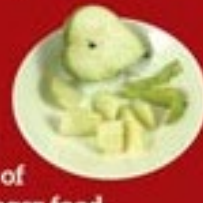
Mashed smooth with some tiny lumps (around 7 months)

4



Ground or finely chopped (around 8-9 months)

5



Small pieces of soft finger food (around 9-10 months). Always remove skin.

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.



Mashed vegetables



Chopped melon



Cereal and fruit



Ground beef dinner



Finger foods



Yogurt



Breastmilk or 24-32 oz. of formula daily



Soft cooked veggies

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.

