

Introducing Solid Foods

When can I start feeding my baby solids?

We usually recommend starting solids around 6 months of age. Before this age, breast milk or infant formula provides all the nutrition your baby requires.

Your baby may be physically ready to take solid foods if:

- Can sit with support
- Holds head straight up when sitting
- Turn head toward or away from food
- Appears interested in solids
- Drinking more than 36oz formula per day

Food	6 months		7-8 months		9-12 months
Breast milk or formula	4-5 feedings (up to 40oz)		3-5 feedings (24-32oz)		3-4 feedings (24oz)
Type of Solids	Veggies Peas, green beans, winter squash, sweet potatoes, carrots, summer squash, avocado	Fruits Peaches, pears, apples, banana, apricots, plums/prunes	← <i>plus this column:</i> Whole grains -quinoa or brown rice		← <i>plus this column:</i> Eggs (white part is usually most allergic)
	PEANUT BUTTER <i>following successful feeding of veggies, fruits & yogurt may try small amount thinned peanut butter. Please schedule apt if your child develops any allergic reaction to further discuss.</i>	Yogurt Whole fat, organic			Cheese – mild, cottage
			Veggies Spinach, broccoli, cauliflower, cucumber	Fruits Mango, pineapple, papaya	Dairy Products – plain, whole milk (cheese) Meats Pureed or finely ground chicken, turkey, beef, lamb, pork, lentils, white fish Table Food Teething crackers or biscuits, dry “o” cereal, puffs, soft cooked pasta
Texture of Solids	Start with pureed, strained foods		Add coarsely mashed or finely chopped foods		Add more finger foods
Amount Solid food	2-8 tbsp of $\frac{3}{4}$ veggies and $\frac{1}{4}$ fruit given 1-2x per day		2 meals		2-3 meals

- When first starting give foods for 3-5 days to look for any type of allergic reaction. If none, then may proceed with that food and add the next food.
- Allergies & intolerances includes: a new skin rash, vomiting, diarrhea
- Babies do not need extra fluid in addition to their breast milk or formula. We do not recommend juice. Water may be given 2-4oz per day
- Introduce a “sippy cup” with water during the day around 6 months
- Some babies enthusiastically take solids, but others need more time. If your baby simply refuses to take any food the first time, give them another week and then try again.
- Remember, Everything in moderation!
- Always feed your baby in a high chair without distractions (ie. TV, electronics)
- Family meals times are important especially after 9 months of age. The baby will take to eat what you are eating so remember to set a good example.