



INTRODUCING

SOLID FOODS

Most babies are ready to start solid foods by 6 months of age. Look for your baby's cues that she is ready for solid foods. She will:

- Sit up, alone or with support
- Hold her head up without help
- Open her mouth when she sees food coming and close her mouth over the food
- Swallow food rather than push it back out with her tongue

FIRST FOODS

Infant cereal and puréed meats are recommended as first solid foods to provide iron and zinc. After introducing infant cereal and puréed meats, there is no particular order to follow for introducing food. Try common foods like plain, smooth vegetables and fruits like carrots, green beans, squash, and peaches.

HOW TO START

- Use a baby spoon to offer food to your baby.
- Mix breastmilk or formula with dry cereal into a thin, smooth purée. As she gets better at eating, slowly start to use less liquid. Try baby cereal in different ways, add puréed fruits, vegetables, and/or meats.
- Start with 1-2 teaspoons of a food and slowly increase based on your baby's hunger.
- Meats should be puréed smooth. If she refuses plain meat, try mixing in some cereal or veggies.
- Only introduce one new food to your baby at a time. Wait 1 - 2 days before offering a new food to watch for allergies.
- Your baby will move from puréed foods to foods with more texture as she grows.
- Avoid feeding her right out of the baby food jar or container. Salvia will make the food spoil faster.



BUILD GOOD EATING HABITS

- Begin to develop a feeding schedule or routine. Start with one solid food feeding a day, slowly move to two, then three. Try to offer feedings around the same time each day.
- Bring her to the family meal table. Even if she does not eat, she is learning!

HELP! WHAT SHOULD I DO IF...

My baby does not seem interested? Your baby may not be ready for solids yet. Give it some time and try again when she is ready.

My baby does not seem to like certain foods? Your baby is still learning what she likes and does not like. Be patient and keep trying.

My baby makes faces when she eats? New flavors can be surprising for your baby!

MORE TIPS

- Always feed foods from a spoon, not a bottle or pouch.
- Once she starts solid foods, offer sips of plain water in a cup.
- Babies do not need juice.
- Opened containers of baby food may be covered and kept in the refrigerator for up to 2 days: then toss.
- Give your baby your full attention while feeding her.
- Allow your child to stop eating when she is full. Watch for signs like turning away, batting at spoon, or shaking head 'no'.

