



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 solid foods
- Drinking more than 36 oz of formula per day

FOOD	6 Months	7 - 8 Months	9 - 12 Months
Breastmilk or Formula	4-5 feedings (up to 40oz)	3-5 feedings (24-32oz)	3-4 feedings (24oz)
Type of Solid Food	Veggies: Peas, green beans, carrots, sweet potatoes, winter squash, summer squash, avocado Fruits: Peaches, pears, apples, banana, apricots, plums/prunes		
		Add whole grains: rice, quinoa	Add eggs (<i>white part is usually most allergic</i>)
	Peanut butter, (<i>following successful feeding of veggies, fruits & yogurt you may try a small amount thinned peanut butter. Please schedule apt if your child develops any allergic reaction to discuss further.</i>)	Yogurt - whole fat, organic	Cheese - mild, cottage Dairy Products - plain, whole milk cheese
			Meats - pureed or finely ground chicken, turkey, beef, lamb, pork, lentils, white fish
		Veggies - spinach, broccoli, cauliflower, cucumber Fruit - mango, pineapple, papaya	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 of 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 out with solid foods, try it out for 3-5 days and look for any type of allergic or adverse reaction. If there are none, then proceed with that food and add the next food.

Things remember:

- Allergies & intolerances includes: a new skin rash, vomiting, diarrhea.
- Babies do not need extra fluid in addition to their breast milk or formula. Water may be given - 2-4 oz per day. We do not recommend juice.
- Introduce a “sippy cup” with water during the day around 6 months.
- Everyone is different - Some babies enthusiastically take to solids and others need a little more time. If your baby simply refuses to take any food the first time, give them another week and then try again.
- *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.

