



INTRODUCING SOLID FOODS

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

- Sit up, alone or with support
- Hold up head without help
- Open mouth when they see food coming and close their mouth over the food
- Swallow food rather than push it back out with the 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 human milk or formula with dry cereal into a thin, smooth purée. As baby 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 baby 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 they grow.
- Avoid feeding baby right out of the baby food jar or container. Saliva 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.
- Offer a variety of foods so baby learns to like different flavors.
- Bring baby to the family meal table. Even if they do not eat, they are 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 baby is ready.

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

My baby makes faces when they eat? New flavors can be surprising for your baby!

MORE TIPS

- Always feed foods from a spoon, not a bottle, pouch or mesh baby feeder.
- Once baby 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.
- Allow your child to stop eating when they are full. Watch for signs like turning away, batting at spoon, or shaking head 'no'.

