

How to Start Solid Foods

- 1) Make sure your child is ready to be spoon-fed: can sit up alone, hold his head up, open his mouth when he sees the spoon.
- 2) Place child in seat/high chair with straps to make sure the baby's head, trunk, and legs are supported.
- 3) Keep in mind that it may take a child up to 20 experiences before spoon feeding, or any new food, is accepted.

Begin with Iron-fortified single-grain infant cereal (rice and/or oatmeal), mixed in a bowl with enough breastmilk/formula to reach the consistency of applesauce.

Day 1: 1 tbsp of cereal

Day 2: 2 tbsp of cereal

Day 3: 3 tbsp of cereal

Day 4: 4 tbsp of cereal (max)

- Remember that each child is different, so do not force these amounts. These are just recommendations.

Give it only once a day for 2 weeks, then twice a day for 2 weeks (total of 1 month).

For children 6-9 months, try to give 2 meals a day.

After 9 months, try to give 3 meals a day.

Fruits/Vegetables:

Introduce only one new food item at a time. Give the same item for about 1 week, before moving on to a new item. This gives you enough time to monitor for allergies (rash, vomiting, diarrhea, etc.).

- Whenever starting a new item, give it for first time in the morning, so that you have all day to monitor for possible allergic reactions.

After 6 months, a child can have up to 4 ounces (max) of a pureed food, for each meal (3 meals max).

Cooking your own food:

- 1) Cook item first (boil potatoes, apples, etc). Then use blender or food processor to puree (remove seeds prior).
- 2) Do NOT prepare beets, turnips, carrots, collard greens, or spinach at home (high nitrates).
- 3) You can prepare ahead of time and freeze (ice tray → zip lock bags) for up to 1 month.

IMPORTANT:

Foods associated with higher incidence of allergies (eggs, peanuts, tree nuts, fish, seafood, strawberries, and/or kiwi) should NOT be introduced until at least 1 year of age.