

Starting Your Baby on SOLIDS

At about 6 months old, baby can start eating solid food. But breastmilk is still baby's main food.

Start with very thin or pureed foods. Slowly thicken foods as baby gets older. Offer no added sugar or salt. It may take trying a new food 8-10 times before baby accepts it.



Use pictures as suggestions, but add your own choices as well.

6 Months

- Keep first foods smooth and thin.
- Start with 1-2 teaspoons or less.
- Start each feeding with breastmilk or formula.
- Wait 3-5 days before starting each new food.
- Never put cereal or food in a bottle.



Thin, iron-fortified cereal



Applesauce



Sweet potato



Pureed peaches



Pureed peas



Breastfeed

Look for signs of HUNGRY and FULL



HUNGRY babies

- Reach for your food
- Point to food
- Get excited for food and open mouth wide



FULL babies

- Turn their heads away
- Push food away or play with it
- Close mouths tight
- Slow down eating

Division of Responsibility

As baby learns to eat solids:

Parent is responsible for **what** to feed.

Child is responsible for **how much** to eat.

Later on:

Parent is responsible for **what, when** and **where** the child is fed.

Child is responsible for **whether** to eat and **how much**.

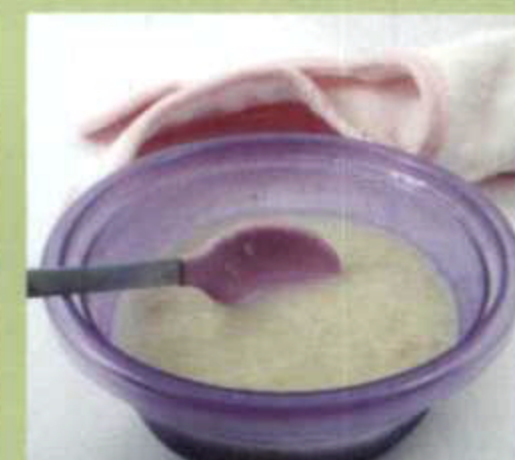
Ellyn Satter, MS, RD, LCSW, BCD

7 Months

- Serve cereal, fruits, vegetables and protein. No mixed foods.
- Baby still needs 24-32 oz of breastmilk or formula a day.
- Help baby learn to drink from a cup without a lid, start with breastmilk or formula.



Baby food chicken



Iron-fortified cereal



Pureed fruit and vegetables



Mashed banana



Pureed rice



Breastfeed

8-10 Months

- Baby develops at his or her own pace.
- Be sure baby can easily eat and swallow one texture of food before adding the next.
- Let child hold a spoon.



Ground meat, veggies and rice



Mashed fruit



Mashed vegetables



Unsalted crackers



Egg yolk and broth



Cereal and fruit



Baby food chicken



Whole wheat toast and baby fruit



Mashed beans

Breastmilk or 24-32 oz. of formula daily

Food texture changes over 6-12 months, from THIN to THICKER.

1



Smooth and thin (around 6 months)

2



Strained or pureed (around 6-7 months)

3



Mashed smooth with some tiny lumps (around 7-8 months)

4



Ground or finely chopped (around 8-9 months)

5



Small pieces of soft finger food (around 9-10 months). Always remove skin.

10-12 Months

- By 12 months, baby can eat a variety of textures.
- Baby can also eat many of the same foods as the rest of the family.
- Mash or cut food into small, soft pieces.
- Serve a variety of grains, fruits, vegetables, protein and dairy.



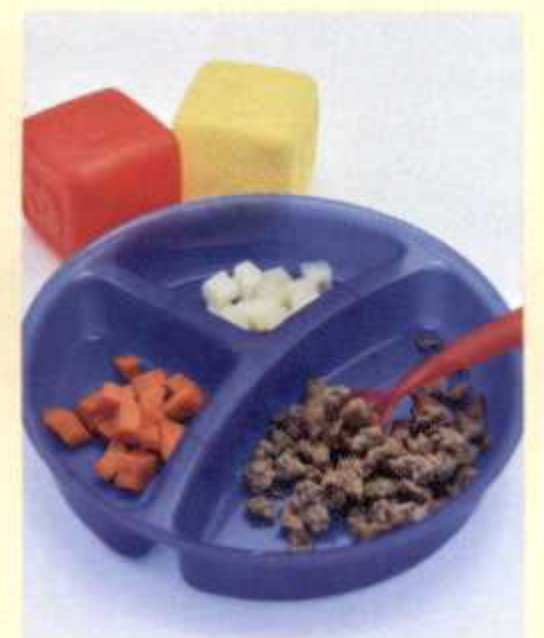
Mashed vegetables



Chopped melon



Cereal and fruit



Ground beef dinner



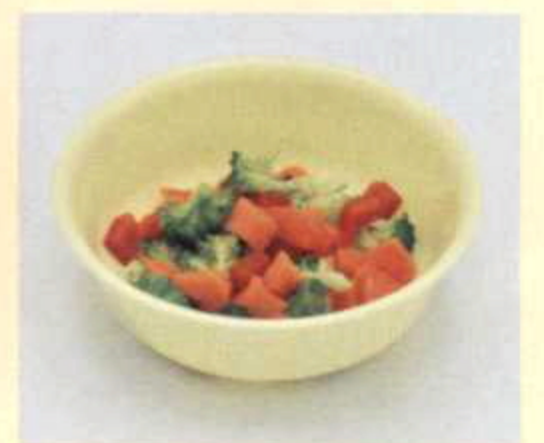
Finger foods



Yogurt



Breastmilk or 24-32 oz. of formula daily



Soft cooked veggies

Choking hazards. These foods are dangerous until age 4.



Popcorn



Chunks of raw veggies



Chunks of peanut butter



Round food, like grapes



Gum



Nuts, seeds & dried fruit



Hard candy & gummy bears



Marshmallows



Hot dogs



Meat chunks

No honey or cow's milk until age 1.

