

## Introducing Solid Food

	4-6 months	6-7 months	8 months	9-12 months
		<i>now add:</i>	<i>now add:</i>	<i>now add:</i>
<b>Vitamins</b>	Liquid vitamin drop should be started at birth and given daily for all exclusively breast fed babies, in order to provide adequate Vitamin D Example Poly-Vi-Sol			
<b>Grains</b>	Iron-fortified baby cereals Start with Rice cereal – which is the least allergenic, then oatmeal, then barley *Note the Mixed grain infant cereal does contain wheat		Can now introduce wheat: Mixed grain infant cereal Wheat toast, very small pieces of pasta Cheerios Teething biscuits Quinoa, millet	Continue pasta, bagels, waffles
<b>Fruits</b>	Cooked purees: apple, pears Avocado and banana (both do not need to be cooked first but do need to be pureed)	Cooked purees, strained, or very small pieces of cooked fruit: Apricot, mango, nectarine, peaches, plums, prunes, pumpkin Banana and avocado can now be offered mashed instead of just pureed	Should start to look more like finger foods, which means they can be picked up and are mashable with the baby's gums Raw soft fruits: blueberries, cantaloupe, melon, grapes (peeled and mashed well), kiwi	Thin strips of hard raw fruits (such as apples and peaches)
<b>Vegetables</b>	Cooked/pureed: Acorn, butternut squash, sweet potato, green beans	Cooked/pureed: Carrots, peas, yellow squash, zucchini	Finger foods, small pieces of well-cooked vegetables asparagus, broccoli, cauliflower, eggplant, potato, peppers, mushrooms	Thin strips of softer raw vegetables (such as cucumbers, and green peppers)
<b>Meat/Beans</b>		Stage 2 jarred baby foods include pureed chicken and turkey. New guidelines now suggest starting pureed meats between 6-8 months as a good source of iron	Pureed if haven't offered yet or start to advance to finely chopped soft lean meat or poultry Chicken, turkey, tofu (does not need to be cooked first), mashed beans	Egg yolks (no whites until one year) 10 months can offer white fish like cod and haddock

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<b>Dairy</b>			Plain whole milk yogurt Cottage cheese, cheddar cheese, Colby jack cheese Cream cheese	Whole milk cannot replace breast feeding or formula until one year old. Do not offer soft cheeses such as brie until one year old
<b>Juices/water</b>		Start to offer sippy cup with water to practice drinking from a cup	100% Fruit juices (such as apple, pear, grape, cherry)  4 oz/day maximum of 100% juice <b>Offer <i>only</i> in a sippy cup and not in a bottle</b>	

**Wait 2-3 days between introducing new foods to monitor for any potential allergic reaction such as diarrhea, rash, or vomiting**

**Before twelve months:**

- Avoid cow's milk as a replacement for breast feeding or formula.
- Also avoid egg whites, fish, nuts, chocolate, citrus fruits, tomatoes, strawberries, and honey

**Breast Feeding Recommendations:**

- American Academy of Pediatrics recommends exclusively breastfeeding for the first four months but preferably for 6 months and continue breastfeeding until 12 months of age.
- World Health organization recommends exclusively breast feeding for the first 6 months of life

**Signs baby wants to eat more:**

- Leaning in to spoon
- Opening mouth
- Grabbing for food and trying to put it in mouth

**Signs baby is full:**

- Closing mouth as spoon comes close
- Turning head away
- Pushing spoon away
- Spitting the food out of mouth

If you have any further questions, a Reliant Medical Group Nutrition Education Specialist is available to help: call (508 852-6175, or 1 (888) 392-0183