

Initiation of Solid Foods

Start with rice cereal, one to two tablespoons mixed with breast milk or formula. Initially make it of thin consistency and then gradually thicken it to your child's liking. You may also gradually increase the amount up to one-half cup twice a day. Other cereals you may try after rice cereal are oatmeal and barley (no mixed cereals). Cereals and baby foods are fed between the formula or breast feedings and not at the same time so as to provide for an increase in daily calories.

At six months, start first stage orange vegetables, i.e., sweet potatoes, carrots and squash. Add only one new food every 3-5 days. Be watchful for signs of food allergies, such as, vomiting, diarrhea and body rashes. If any of these should occur, stop feeding that food and notify me of the reaction, at your convenience, the next working day.

After you have completed introducing the orange vegetables, go on to the green vegetables and then the fruit. Fruit is added last because of its sweet taste. You may feed the vegetables and fruit two times a day. Avoid giving your baby any juices. All Juices are made with a lot of sugar and provide very little nutrients.

At seven months of age, feed three meals a day of second stage foods. For breakfast, give cereal and fruit; for lunch, give vegetable and fruit; for dinner, give cereal and vegetable. Avoid meats until nine months.

At nine months of age, you may add meats, milk products (e.g., cheese, yogurt, cottage cheese), third stage foods and table foods / finger foods. Until one year of age, you must avoid feeding citrus, corn, egg whites and peanut butter. These foods can be very allergenic. Also please avoid raw honey (cooked honey is safe) until after one year of age to prevent botulism. Meat or a protein substitute (e.g., milk product) should be given once or twice a day. You can stop giving cereal at dinner and replace it with a meat dinner.

At one year of age, you may give whole milk instead of formula and start the introduction of a cup. All other foods are also OK to give except for choking hazards, (e.g., nuts, popcorn, hard candy).

Happy Feeding!