



Starting Solids- A Healthy Feeding Plan

As one of the first things you do together, feeding is a time when you and your baby learn about each other. It's a time when babies explore their independence and discover how to interact. It's also the beginning of establishing lifelong eating habits. Research shows that babies know how much food they need, and they'll tell you in many ways- smiling, reaching towards the spoon, and opening their mouths. They will let you when full, by closing the mouth, turning away or pushing the food away.

WHEN IS A BABY READY FOR THE SOLIDS?

- Doubles birth weight and weighs at least 13 pounds
- Seems hungry after 8-10 breastfeeding a day or drinks 32 ounces of formula a day
- Lifts and supports head

BETWEEN NOW AND THE NEXT CHECKUP

Start feeding your baby some of the single-ingredient baby foods listed in the 1st Food Schedule. Here are some basic guidelines.

- Start with 1 tablespoon single- grain cereal, mixed with 4 tablespoons breast milk, formula, or water. Decrease the amount of fluid as your baby gets used to the consistency.
- Start a new food in the morning; if it doesn't agree with your baby, you'll know before bedtime
- Add only one new food at a time. Feed each new food 3 to 5 days in a row before starting another one. (To see how the food agrees with your baby).
- You can repeat a food already given, and pair familiar favorites on the spoon with new foods.

MEALTIME IS YOUR TIME TOGETHER

- **Atmosphere-** Spend some quiet time together to create a relaxed atmosphere.
- **Preparation-** Get your "tools" together before you start: bib, baby spoon, Food, moist towel (expect a bit of a mess)
- **Position-** Hold baby in a slightly reclined, sitting position on your lap.
- **Quantity-** Place small tastes on the tip of a spoon and place it in the baby's mouth. Never force a baby to eat. They "listen" to their hunger cues and do not under- or over- eat.
- **Very first taste-** Your baby's first tries at swallowing solid food will be awkward. Your baby may need practice. If the food is rejected, offer more spoonfuls or offer it another time. Sit back and enjoy seeing your baby learn something new: how to eat solid foods.
- **Number of meals-** 1-2 meals between 4-6 months, 2-3 between 6-9 months, and 3+ meals after 9 months.
- **Foods to avoid in the first year-** Eggs, seafood, honey, nuts, strawberries, wheat, and cow's milk. Avoid foods that could cause choking such as nuts, grapes, raisins, raw carrots, popcorn, hard candies etc.
- **Supervise-** Always supervise the child while eating.

Milk protein allergy in the baby is usually transient. We recommend changing to a hypoallergenic formula. If breastfeeding, the mother should avoid Egg white, Nuts of all type, Shrimp, strawberries, and if possible regular milk. Milk products, if baked or cooked, are OK.

Special Instructions: _____

1st Food Schedule					
Product	Variety	Day One	Day Two	Day Three	Day Four
Single-Grain Cereal	Rice, Barley, Oatmeal Cereal	1 Tbsp plus breast milk, formula, or water	2 Tbsp plus breast milk, formula, or water	3 Tbsp plus breast milk, formula, or water	4 Tbsp per serving
Single Vegetables 2.5 oz jar portion	Green Beans, Peas, carrots, Squash, sweet potatoes	¼ jar	¼ jar	½ jar	1 jar
Single Fruits 2.5 oz jar portion	Apple Sauce, bananas, pears, Peaches, Prunes.	¼ jar	¼ jar	½ jar	1 jar
100% fruit juice is not recommended before 1 year of age. 4 ounces per day till 4 years of age and 12 ounces later					

FOODS FOR THE FIRST 2 YEARS		
Products	When is Baby Ready?	Which Foods are Best?
CEREAL	<p>Introduce Single-Grain when baby:</p> <ul style="list-style-type: none"> • double s birth weight • Seems hungry after 8-10 breast feedings a day or drinks 32 oz of formula a day • Lifts and supports head <p>Introduce multi-ingredient cereal when baby:</p> <ul style="list-style-type: none"> • Has tried a variety of single-ingredient 1st FOOD baby foods 	<ul style="list-style-type: none"> • Start with rice cereal as the first food introduced • Choose iron fortified infant cereal to help meet your baby's need for iron • Each serving of cereal provides 45% of the daily value for iron • Cereal is an excellent first choice because it's easy to digest • Cereal consistency can be easily altered by varying the amount of liquid added
1st FOODS	<p>Introduce 1ST FOODS when baby:</p> <ul style="list-style-type: none"> • Pushes self up with straight elbows • Sits with help and as control of head movement 	<ul style="list-style-type: none"> • Single ingredient foods such as bananas, pears, or peas • Pureed for easy swallowing • Foods without sugar, salt, egg, milk, wheat, citrus
WATER	<p>Introduce water in a cup when baby:</p> <ul style="list-style-type: none"> • Is ready to try drinking from a cup 	<ul style="list-style-type: none"> • Water should not replace breast milk or formula and is a fun way to introduce drinking in a cup
2nd FOODS	<p>Introduce 2nd FOODS when baby:</p> <ul style="list-style-type: none"> • Sits independently • Rolls over from back to front • Can hold small objects in hand • Has tried a variety of single ingredient 1st FOODS 	<ul style="list-style-type: none"> • Mixed ingredients, such as garden vegetable and apple blueberry • Smooth-textured foods • Protein dishes, such as meats and select simple recipe dinners
3rd FOODS	<p>Introduce 3rd FOODS when baby:</p> <ul style="list-style-type: none"> • Learns to crawl and pulls himself up to stand • Mashes food with gums • Begins to expand taste preference 	<ul style="list-style-type: none"> • Larger portion sizes to keep up with appetite • Gentle seasonings and texture to encourage chewing • Tasty selections such as broccoli and carrots with cheese, vegetable and pasta dinner
FINGER FOODS	<p>Introduce finger foods when baby:</p> <ul style="list-style-type: none"> • Has some upper and lower teeth • Can stand alone and walk with some help • Can easily pick up small objects with fingers • Drinks from a cup with independence 	<ul style="list-style-type: none"> • Good source of iron and zinc • Just the right size and shape for baby to grasp • Easy to chew and swallow foods like wagon wheels
GRADUATES	<p>Introduce finger foods when baby:</p> <ul style="list-style-type: none"> • Walks with assistance • Feeds self easily with fingers 	<ul style="list-style-type: none"> • Calcium fortified fresh fruit juices • Microwavable main dishes • Vegetable, fruit, and mixed dices • Just the right size, shape and texture