

baby's first spoonfuls

Is my baby ready?

Your baby can start eating solid foods when he is 6 months old and can:

- sit up with support and hold his head steady.
- put his fingers in his mouth.
- open his mouth to show that he wants food.
- close his lips over the spoon.
- keep food in his mouth and swallow it.
- turn his head away to show he doesn't want food.

If your baby was born early or has a family history of allergies, talk to your health care provider before starting baby foods.

start with infant cereal

Many parents start with rice cereal - it's easy for a baby to digest.

- Mix 1 tablespoon of dry cereal with 4 tablespoons of breastmilk or formula.
- Make the cereal thicker as your baby learns how to eat.
- Offer more cereal if your baby wants more.
- Offer cereal once or twice a day.



Don't feed cereal in a bottle. Your baby could choke or eat too much.

use a baby spoon

- Put a small amount of cereal on the end of a spoon. Wait until your baby opens his mouth and then gently slip it in.
- Let your baby remove the food from the spoon with his lips and tongue.
- Give your baby time to move the food around in his mouth and swallow it.



Most babies love to eat solid foods. Some babies are unsure and need more time.

If your baby refuses to eat a baby food, try it again later. Some babies may need to try a new food 8 to 10 times before they eat it.

Continue breastfeeding or using infant formula until your baby is one year old.

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fruits vegetables meats

Offer baby foods with single ingredients such as peaches, pears,

and green peas.
fruit or vegetable

Wait 3 to 5 days between new foods. If a new food causes an upset tummy, rash or other reaction, stop the food. Call your doctor, nurse or dietitian. Offer vegetables twice a day. Offer fruits once or twice a day. Start with pureed vegetables or fruits.



eat safe:

your baby while he is eating.

Do not feed your baby out of a jar. Your baby's teeth can make the food spoil faster. Do not use leftover baby food in the dish. Do not use opened jars of baby food, within 2 days.

be sure your baby can and swallow foods from one group

before you try the next texture:

1. Smooth or pureed foods
2. Mashed foods
3. Finely chopped foods
4. Tiny pieces of soft food

Most babies can eat finely chopped foods around 8 to 10 months old.

routine...

Offer baby food once or twice a day in the beginning. After a few weeks, your baby may be ready for 3 meals each day.

When your baby is 7 to 8 months old, he may be ready for small meals each day.

By 12 months, your baby may be eating 3 small meals and 2 small snacks each day.

When they are 8 to 12 months old, your baby may be eating 3 small meals and 2 small snacks each day.

Continue breastfeeding, formula or water until your baby is eating solid foods.

growing with baby steps

For more information, visit www.nutritionmatters.com or call 1-800-438-8888.

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