

# STARTING SOLIDS

Age	Breast milk/Formula	Solids
0-4 Months	<ul style="list-style-type: none"> <li>● <b>Breast milk/Formula only</b></li> <li>● ~18-32oz per day</li> <li>● 5-10 feedings per day</li> </ul> <p><i>Do not put cereal in your baby's bottle</i></p>	None
4-6 Months (sits with support; lifts and supports head)	<ul style="list-style-type: none"> <li>● <b>Breast milk/Infant formula remain your infant's main source of nutrition at this age</b></li> <li>● ~24-32oz per day</li> <li>● 4-7 feedings per day</li> </ul> <p><i>Do not put cereal in your baby's bottle</i></p>	<ul style="list-style-type: none"> <li>● Iron-fortified <b>rice</b> cereal 2-4 tablespoons 1-2 times per day</li> <li>● Start by adding 1 TBSP of rice cereal with breast milk, formula, or water to make a "runny thin milkshake" consistency. Feed with a baby spoon. Once tolerated, you can gradually thicken to an "oatmeal/porridge" consistency and work up to 2-4TBSP 1-2 times per day.</li> <li>● Once iron-fortified rice cereal is tolerated for a few weeks, you can try iron-fortified barley or oatmeal infant cereals</li> <li>● Recipes and sample menus can be found at <a href="http://www.wholesomebabyfood.com">www.wholesomebabyfood.com</a></li> </ul>
6-8 Months (sits independently)	<ul style="list-style-type: none"> <li>● <b>Breast milk/Infant formula remain your infant's main source of nutrition at this age</b></li> <li>● ~21-32oz per day</li> <li>● 3-5 feedings per day</li> </ul> <p><i>Do not put cereal in your baby's bottle</i></p> <p>You can introduce a sippy cup at this age! No more than 6oz juice per day. Remember that juice is just sugar and water and does not provide any nutrition!</p>	<ul style="list-style-type: none"> <li>● You can now introduce vegetables, fruits, meats, and plain yogurt.</li> <li>● Start with stage 1 single ingredient baby foods first. You can advance to stage 2 baby foods once your baby has tolerated a variety of single ingredient baby foods.</li> <li>● <b>Allow 3-4 days between introducing new foods to your baby.</b></li> <li>● Although many pediatricians suggest starting vegetables first, there is no science indicating which foods to start first.</li> <li>● Follow your infant's cues when feeding your infant solid foods. Feed your baby as much as your baby wants to eat. Solid foods are not meant to provide your infant's nutrition; <b>breast milk and formula</b></li> </ul>

		<p><b>are still your infant's most important source of nutrition at this age.</b></p> <ul style="list-style-type: none"> <li>On average, your baby will eventually consume approximately             <ul style="list-style-type: none"> <li>3 TBSP cereal 1-2 times per day</li> <li>5oz of solid food (stage 1 jar is ~2.5oz) 3 times per day</li> <li>In addition to breast milk/infant formula at each meal</li> </ul> </li> </ul>
<p>8-9 Months</p> <p>(picks up small objects with fingers)</p>	<ul style="list-style-type: none"> <li><b>Breast milk/Infant formula remain your infant's main source of nutrition at this age</b></li> <li>~21-32oz per day</li> <li>3-5 feedings per day</li> </ul> <p><b>Do not put cereal in your baby's bottle</b></p>	<ul style="list-style-type: none"> <li>~3 meals, 2 snacks per day</li> <li>You can advance to stage 2 baby foods once your baby has tolerated a variety of single ingredient baby foods.</li> <li>Stage 3 baby foods can be introduced once your baby can eat with his/her fingers and can mash food with gums or teeth.</li> <li>You can start finger foods, table foods, and more complex textures that your infant can easily mash with his/her gums or teeth.</li> </ul>
<p>9-12 Months</p> <p>(feeds self easily with fingers)</p> <p><b>Choking Hazards:</b></p> <ul style="list-style-type: none"> <li>Hot dogs</li> <li>Nuts and seeds</li> <li>Chunks of meat or cheese</li> <li>Whole grapes</li> <li>Popcorn</li> <li>Chunks of peanut butter</li> <li>Raw vegetables</li> <li>Fruit chunks, such as apple chunks</li> <li>Hard, gooey, or sticky candy</li> <li>Chewing gum</li> </ul>	<ul style="list-style-type: none"> <li><b>Breast milk/Infant formula is still an important source of nutrition at this age</b></li> <li>~20-30oz per day</li> <li>3-4 feedings per day</li> </ul> <p><b>Do not put cereal in your baby's bottle</b></p> <p><b>Do not introduce whole cow's milk until 1 year of age.</b></p>	<ul style="list-style-type: none"> <li>~3 meals, 2 snacks per day</li> <li>Start finger foods, table foods, and more complex textures that your infant can easily mash with his/her gums or teeth.</li> <li><b>Introduce all new foods with caution waiting 3-4 days between introducing each new food.</b></li> <li>Many pediatricians recommend against giving eggs and fish in the first year of life because of allergic reactions, but here is no evidence that introducing these nutrient-dense foods after 6 months of age determines whether your baby will be allergic to them.</li> <li><b>Peanuts, peanut butter, and tree nuts are highly allergenic foods and should be introduced with caution after 2 years of age!</b></li> </ul>