



# INFANT NUTRITION

## Guidelines for Introduction of Solid Foods

### *Suggested timing and content of meals by age*

4 months

Breakfast: Cereal

Dinner: Cereal

4 ½ months

Breakfast: Cereal & Fruit

Dinner: Cereal & Fruit

5 months

Breakfast: Cereal & Fruit

Lunch: Vegetable & Fruit

Dinner: Cereal & Fruit OR Vegetable

5 ½ - 6 months

Breakfast: Cereal & Fruit

Lunch: Vegetable & Fruit

Dinner: Cereal & Fruit AND Vegetable

7-8 months

Breakfast: Cereal & Fruit

Lunch: Vegetable & Fruit

Dinner: Meat AND Fruit AND Vegetable

**New foods may be introduced at the following ages. Babies are ready to take solid foods between 4 and 6 months of age. Adjust the ages of the chart based on your baby's readiness. Please allow 5-7 days of giving one new food before introducing another.**

#### **4 months:**

**Pre-cooked cereals** – mix one or two tablespoons of cereal with 1 fl. oz. of water once or twice a day.

*Examples include Rice, Barley and Oatmeal. Mixed grain cereals should be delayed until all the single grain cereals have been introduced*

#### **4 ½ months**

**Fruits** – ½ jar, once or twice a day

*Examples include banana, applesauce or pears*

#### **5 months**

**Yellow/Orange vegetables** – ½ to 1 jar, once or twice a day.

*Examples include peas, green beans and spinach*

#### **5 ½ months**

**Green Vegetables** – ½ to 1 jar, once or twice a day

*Examples include peas, green beans and spinach*

#### **6-8 months**

**Combination foods** (Stage 2) may be introduced as long as your baby has had at least one of the foods in the combination alone.

#### **8-9 months**

**Starches/grain** - *pastina, teething biscuit, noodles, dry cereal (Cheerios, etc.).*

**Meats** – *beef, chicken/turkey, veal, lamb* (1 jar once a day or equivalent home made portion).

**Dairy** – *whole milk baby yogurt, mild cheese (American and Monterey Jack) as finger food.*

#### **9-12 months**

**Miscellaneous Foods and desserts** -*beans and lentils, soups, finger foods (including "biter biscuits" and mild cheeses), puddings and yogurts.*

#### **12 months and beyond**

Delay the following foods until at least 12 months (and possibly beyond – ask your doctor): Eggs, whole cow's milk, tuna and other seafood (including shellfish), strawberries, honey and peanut butter.



## STARTING SOLIDS

**When to Start:** The AAP recommends that babies be exclusively breastfed until six months of age. If you choose to start complementary foods between 4 and 6 months, it's not meant to be the main source of your baby's nutrition. Breast milk/formula are still the "main food".

**STAGE 1:** First solid foods. Only contain single ingredients like squash, peaches, apples, cereals. Usually 2 oz. jars.

**STAGE 2:** Chunkier textures and some combos of stage 1 foods. Usually 4 oz. jars.

**STAGE 3:** Combo meals that are very textured. Come in 5-6 oz. jars and usually contain meats.

**FINGER FOODS:** Foods that baby can pick up and eat himself. Usually small bits like cheerios, ground meat and fruits.

**TABLE FOODS:** Foods that adults eat

**WHAT TO START WITH?** Depends on when you start. If starting around 4 months, then foods that are the least allergic are usually the best (Stage 1 foods). If you wait until 6 months, then anything goes as long as your baby can handle the texture.

Most babies need iron and zinc by the time they are 6 months, so the first foods should reflect those needs. Options include meat and/or infant cereals.

**HOW DO I START?** If you start with rice cereal, mix it with either expressed breast milk or formula. Make sure you check to see if formula is already added to the brand you choose. If your baby has a cow's milk allergy, this can be a problem. Make it very watery, about two Tbsp. Offer this cereal to baby as a snack after breast-feeding or bottle. Some babies will eat

too much of the watery rice cereal if they are really hungry. Start with one feeding a day for 3-4 days. Stick to rice cereal before 6 months of age. If baby is over 6 months, other grains like oatmeal and barley are an option. Remember that rice cereal has no fiber and if your baby eats a lot of it, he may become constipated.

### SHOULD I MAKE MY OWN BABY FOOD?

Yes! All you need is a baby food grinder or mill. You can use herbs and spices; just limit the salt. It's great to get your baby use to your cooking. Use the staged jar food as a guide for amount/types and textures of foods to make.

### SHOULD I USE ORGANIC FOODS?

This is really a personal choice. Several studies have shown that there isn't much to be gained by eating organic fruits and vegetables. However, there is strong evidence that organic cow based products (cheese, milk, meat, yogurt) are potentially a healthier choice. All processed Stage 1 foods are made preservative and additive free. However, as noted above, some rice cereals have formula added before hydration

### WHAT FOODS ARE MORE LIKELY TO CAUSE FOOD ALLERGIES?

- Peanuts
- Egg Whites
- Shellfish/Fish
- Tree nuts

- Wheat
- Cow's milk
- Soy
- Citrus fruits/berries
- Cocoa
- Sesame seeds

If your family has NO history of food allergies, the AAP's latest food recommendations say that it is okay to introduce allergy causing foods to babies as young as 6 months. If your family does have food allergies, speak with your doctor about when to offer these foods.

Make sure you only offer one new food every 3-4 days so you can figure out if there is a problem with a food. Allergic symptoms include: a rash, profuse vomiting and/or horrible diarrhea. Most reactions occur within 4 hours of ingestion of allergy causing food.

### WHAT ELSE SHOULD MY BABY NOT EAT?

Honey  
Choking Hazards: Raw carrots, celery, popcorn, potato chips, nuts, hard candy, hard meats, fruits with seeds, raisins, hotdogs and grapes (unless cut up well)

## AMOUNTS PER AGE, SERVING SIZES, FOOD TYPE

### 4-6 months

- 32-40 oz. liquid nutrition 5-6 times a day
- Optional cereal
- Optional fruits and vegetables
- 0-1 feeding a day
- Serving: 2-4 Tbsp/1-2 oz.
- 1-2 items at each meal
- Pureed foods
- Solids per day: 0-4 oz.

### 6-9 months

- 28-36 oz. liquid nutrition 3-4 times a day
- Cereal, fruit, vegetables, meat, grains, dairy
- 1-3 feedings a day
- Serving: 2-4 Tbsp/1-2 oz.
- 2-3 items at each meal or a whole stage 2 jar
- More textures
- Solids per day: 6-14 oz.

### 9-12 months

- 20-30 oz. liquid nutrition, 3-4 times a day
- All above plus table foods
- 3 meals/day
- Serving: 3-4 Tbsp/2 oz.
- 3 items at each meal or a stage 3 jar
- Bite size pieces
- Solids per day: 10-18 oz.

We have a nutritionist on staff to give you more in-depth guidance and advice about infant nutrition.