

How to feed your infant solid food

Ground Rules:

Start one new food at a time.

Give the new food at least once a day for 3-4 days in a row.

You can mix and match the foods your baby has already tried and tolerated.

There is no rule for what should be given at a particular mealtime (i.e. You don't have to give fruit or cereal at breakfast).

Don't wait for your baby to be famished to start your solid meal, the feeding will not be fast enough and they will be frustrated and hungry.

Give your infant formula or breast milk after the meal of solid food.

Start solids any time after four months of age (unless directed by your doctor).

Quantity:

Let your baby eat as much as they want.

If your baby is opening his/her mouth and looks interested, keep going!!

Remember, this is all for fun, taste and discovery of new textures.

If your baby does not like the solids put them away for a week and try again.

The solid foods are not nutritionally mandatory at this age; your infant can grow and thrive on breast milk or formula alone.

Once your baby starts eating lots of solids he/she may decrease the amount of breast milk/formula they drink.

Frequency:

Start with one meal and advance to three meals over several weeks.

Your night/dinner feedings will help your baby sleep at night.

Order for starting solid foods:

This order is not mandatory it just seems to work well for most babies.

Work your way through each category one food at a time.

Buy the state 1 small jars. If you put the spoon in the jar it cannot be saved until the next meal. Put the food into a separate bowl and save what remains in the jar in the fridge.

Cereals first: rice, oatmeal, and barley (mix with breast milk/formula into a thin paste)

Orange Vegetables: i.e. Carrots, squash, sweet potatoes.

Fruits: i.e. apple, peach, pear (do not give berries or citrus)

Green Vegetables: i.e. Peas, green beans

Making food at home:

If you decide to make food at home use the jarred foods for ideas of what to make and the proper consistency. Do not use sweeteners they are not needed, honey can be dangerous.

The following foods should not be prepared at home:

Carrots, beets, collard green, spinach, and turnip.

The nitrate content on those vegetables can cause anemia (low blood) in infants.

Most of all, have fun and don't be stressed if your baby doesn't initially take to solids.