

ALL About Solids

FOOD READINESS:

Begin to feed your baby solids when he/she is ready (typically between 4-6 months)

- sits with support, shows good head and neck control, shows an interest in food (leans forward and opens mouth when it is time to eat), puts toys/hands in mouth

REMEMBER THESE 2 RULES:

- NO raw honey
- NO large chunks of food that can cause choking
 - for children under 4 years of age, NO hotdogs, NO peanuts/nuts, NO grapes, NO raw carrots, NO popcorn, NO gum/candy. These are all common choking hazard foods.

TO START:

- with a spoon, introduce one single-ingredient new food at a time, every few days or so.
- most parents start with **infant cereal** (i.e. Gerber infant oatmeal) or pureed **fruits, veggies** or **meat** (you can use breastmilk, formula, or water to help puree the food).
- let baby decide how much to eat. signs of fullness = leaning back, turning away. if baby rejects, try again another time.

FOOD ALLERGIES:

- for babies with severe eczema and/or history of egg allergy, peanut allergy testing is recommended. **TALK TO YOUR DR BEFORE GIVING ANY PEANUT CONTAINING FOODS AT HOME.**
- for most babies without eczema or food allergies, early exposure (around age 6 mo) to age-appropriate peanut containing foods is recommended. Here is an example of how to gradually introduce peanut (as long as no reactions are observed during the process):
 - day 1: 1/2 tsp peanut powder + baby oatmeal or banana puree
 - day 2: 1 tsp peanut powder + baby oatmeal or banana puree
 - day 3: 1 tsp peanut powder + baby oatmeal or banana puree
- do not offer other new foods on these three days. after three days, consider peanut introduction complete and offer regularly, at least 3x/week.

Severe allergy/anaphylaxis: symptoms may include ANY of the following:	Mild allergic reaction, symptoms may include any of the following:
<ul style="list-style-type: none">• wheezing or coughing• pale or bluish skin color• weak pulse• fainting, altered consciousness, agitation• trouble breathing or swallowing• swelling of lips or tongue• severe vomiting or severe diarrhea (or if combined with other symptoms)• many hives or redness over body	<ul style="list-style-type: none">• a few hives• mild stomach discomfort• itchy nose, sneezing, itchy mouth
give epinephrine (if available), call 911, stay with child, keep child lying on back (on side if vomiting or trouble breathing).	stay with child, call doctor

this handout contains general guidance and is not a substitute for medical care and advice of your physician. There may be variations in treatment that your physician may recommend based on individual facts and circumstances.

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GRADUALLY OFFER MORE FOODS:

- after your baby has had a variety of single-ingredient foods, begin to offer foods with 2 or more ingredients.
- gradually increase amounts of food offered as well, closely watching baby's cues
- gradually offer varying textures: pureed, blended, mashed, finely chopped and soft lumps.
- then gradually offer table foods (usually around 8-9 months baby develops pincer grasp where can pick up pinky-nail sized pieces of food).
- this is a sample menu for an 8-12 month old baby:

Breakfast

- 2 to 4 ounces cereal, or 1 mashed or scrambled egg
- 2 to 4 ounces mashed or diced fruit
- Breastmilk or 4 to 6 ounces formula

Snack

- Breastmilk or 4 to 6 ounces formula
- 2 to 4 ounces diced cheese or cooked pureed or diced vegetables

Lunch

- 2 to 4 ounces yogurt or cottage cheese, or pureed or diced beans or m
- 2 to 4 ounces cooked pureed or diced yellow or orange vegetables
- Breastmilk or 4 to 6 ounces formula

Snack

- 1 whole grain cracker or teething biscuit
- 2 to 4 ounces yogurt or fork-mashed or diced soft fruit
- 2 to 4 ounces water

Snack

- 1 whole grain cracker or teething biscuit
- 2 to 4 ounces yogurt or fork-mashed or diced soft fruit
- 2 to 4 ounces water

Dinner

- 2 to 4 ounces diced poultry, meat, or tofu
- 2 to 4 ounces cooked green vegetables
- 2 to 4 ounces cooked soft-whole grain pasta or potato
- 2 to 4 ounces diced or mashed fruit
- Breastmilk or 4 to 6 ounces formula

Before bedtime

Breastmilk or 6 to 8 ounces formula, or water. (If breastmilk or formula, follow with water or **brush teeth** afterward).

VITAMINS:

- breastfed/partially breastfed infants need a multivitamin each day that contains IRON and VITAMIN D. (i.e Novaferrum pediatric multivitamin with iron or Enfamil infant/toddler poly-vi-sol with iron)
- formula-fed infants who drink <33 ounces of formula per day: need a daily vitamin D supplement that contains 400 IU of vitamin D. (i.e. D-drop baby)

WATER:

- starting around 6 mo, begin to offer water throughout the day (meal time, snack time) in a cup (sippy cup, straw cup, etc)
- baby will decide how much to drink
- babies do NOT need juice

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