

Center for Pediatric Wellness, P.C.

Guidelines: Feeding Solid Foods

*Note: These are guidelines only. Every child is different. Some may eat more or less than the following.

6 mos. (breast and formula fed infants):

Give regular bottle feed or nurse first. A full baby is much more likely to accept solids!

Wait 30 minutes, and then offer:

1 TBS single-grain cereal fortified with iron mixed with a few TBS breast milk, formula, or water. Increase by 1 TBS per day until 4 TBS cereal per meal. Rice cereal with iron may be eventually offered twice daily.

Alternatively, you may offer a few spoonfuls of Stage 1 baby food (2.5oz jar) on Day 1; increase by a few spoonfuls per day until ¼ to ½ jar Stage 1 baby food per meal. Offer a new food every 4 days; alternate cereal, vegetables, and fruit. See list of foods to try on the following page. Make sure to alternate green and yellow vegetables. Watch for signs of allergy (rash around mouth or anus; diarrhea).

If you make your own baby food: extra food may be frozen in ice cube trays and later sealed in plastic bags until ready for use. Start with a few spoonfuls on Day 1 and increase until an ice cube tray portion size is offered at every meal. Examples of easy-to-start foods include avocado (mash with a fork) and yellow squash, steamed and pureed.

Begin with one meal a day for several days.

Add additional servings, working up to 3 meals daily, between 6 and 7 months.

Infants need no solid food until 6 months of age; however, if they display “mooching” behavior (reaching for your spoon and smacking their lips as they watch you eat), they may start as early as 4-5 months of age with green vegetables. Offer 1 new green vegetable every 4 days.

The following are examples of infant/toddler meals:

- 6 mos.** - Breakfast 1 jar fruit, 4 TBS iron-fortified cereal
- Lunch 1 jar fruit, 1 jar veggies
- Supper 1 jar fruit, 1 jar veggies, 4 TBS iron-fortified cereal
- Average amount of formula: 30-36 oz/day
- Introduce cup: 8 oz water with fluoride (from the tap, or bottled with fluoride)

7 mos. (or when sitting alone): - Stage 2 baby food

- Feed approximately ½ -jar each Stage 2 fruit and veggies per meal.

8 mos. - Introduce some table food (cheerios); ripe banana

9 mos. - Table food, cheese and yogurt (nondairy, e.g. soy or cashew); may add meat if desired.

- May introduce peanut in the form of peanut butter *powder* or *stirred into* oatmeal or smoothie, but NOT as a spread- its stickiness makes it a choking hazard. Other nut butters (e.g. almond butter) are safe to use as spreads.
- Average amount of formula: 24 oz/day

Let children feed themselves! Finger foods provide good eye-hand communication.

12 mos. - Organic soy, almond, or other Vitamin D-fortified nondairy milk (12-18 oz/day); egg whites; honey

2 yrs. - Organic soy, almond, or other Vitamin D-fortified nondairy milk (24 oz/day)

Guidelines: Feeding Solid Foods, continued:

Single grain cereals:

- Rice cereal
- Oatmeal
- Barley cereal

Single vegetables:

- Green beans
- Peas
- Carrots
- Sweet potatoes
- Squash

Single fruits:

- Applesauce
- Peaches
- Pears
- Bananas
- Prunes
- Avocado

Babies will naturally decrease their formula/breast milk intake as their solid food intake increases. By 9 months, most formula-fed babies eat 24 oz. a day, and breast-fed babies nurse 3 to 4 times daily. Note there is no universal recommendation on how many ounces of formula a child should consume daily.

Foods to avoid: hotdogs, nuts, popcorn. Do not give honey to a child under the age of 1 year because it may contain the bacteria that cause botulism.