



"open wide"

"here comes the airplane"

Introduce solids at 4-6 months.

A TIME OF CELEBRATION: baby's first taste of solid food

Tasting solid food for the first time is an exciting experience for a baby. A new texture. A new flavor. A challenging new skill to learn and celebrate. But remember nothing can really prepare a baby for his or her first taste of solid food. All children react differently so don't be surprised at whatever kind of face your baby makes in response to this brand new experience. Just be sure to have a camera handy to document this wonderful milestone! The following questions and answers may help you in making this first experience with food a happy one.

What's the first food a baby should eat?

Recent research shows that babies can be started on a number of different foods, including pureed meats, vegetables and fruit. Iron-fortified single cereals or pureed meats (especially beef) are good choices for your baby to try first since they are high in iron.

How much and how often should I feed my baby?

Offer small amounts of single-ingredient baby food with a spoon two or three times a day. Stop when he turns his head away from the spoon or refuses to open his mouth. Breastmilk or formula should still be your baby's main source of nutrition.

How do I make my baby's cereal?

Mix about 2-4 tablespoons of single-ingredient cereal with breastmilk or iron-fortified formula until it has the consistency of thin gravy.

How do I introduce different foods to my baby?

Variety is the spice of life! Offer a single food for at least a week. Then try another single-ingredient food. Wait 3 to 5 days before offering a new food to watch for signs of allergies.

How will I know if my baby is allergic to foods?

The most obvious signs of allergies are rashes, itching, swelling and/or redness. Call your doctor if you see any of these signs on your baby's skin.

Should I put baby food in a bottle?

Baby food, including cereal, should always be given with a small spoon—never in a bottle. Giving food in a bottle can cause your baby to choke. It also robs your baby of this exciting new adventure!

What if my baby doesn't like baby food?

Eating is a fun and exciting adventure for babies, but it can take a while for them to get used to it. Continue offering small amounts—about half a teaspoon—on the tip of your baby's tongue and allow time for your baby to gradually explore and get used to this new feeling.

sample meals

Morning snack

1-2 tablespoons rice cereal mixed with breastmilk or iron-fortified formula

Afternoon snack

1-2 tablespoons pureed meat

Four- to six-month-olds still rely mostly on breastmilk or formula to grow and develop. At this age, breastfed babies usually nurse 6 to 8 or more times a day. Formula-fed babies drink about 30 ounces a day.