When can your baby eat more?

Gradually increase the amount and variety of food offered as your baby gets older.

 Offer more food between breastfeeding or formula feedings.

 Let your baby decide how much to eat. Your baby will tell you they are full by turning their head away or closing their mouth.



- As your baby is ready, progress to thicker and lumpier foods.
- Let your baby use a spoon to learn to selffeed.
- When your baby can pick up food and bring it to their mouth, offer finger foods. Give finger foods that are soft and cut into small pieces to reduce the risk of choking.

Encourage good eating habits

- Provide a variety of foods from all the food groups. This can help prevent picky eating later.
- Let your baby get used to new flavors. Do not force your baby to eat. Offer foods multiple times. It may take 10 tries for your baby to accept a new food.
- Eat together as a family. Your baby will learn by watching you.



What about food allergies?

Certain foods are more likely to cause allergies than others, including milk, eggs, peanuts, tree nuts, wheat, fish, shellfish, soy, and sesame.

- Introduce these foods one at a time with at least 3-5 days in between each food.
- Start first with foods less likely to cause allergies, such as infant cereal, fruits and vegetables.
- If there is a family history of food allergies, talk to your health care provider about introducing allergenic foods.

Protect your baby from getting sick

 Wash your hands before making or serving food.



Wash your baby's hands before

mealtime. As your baby crawls and explores, germs can easily spread from their hands to their mouth.

 Feed your baby from a bowl, not the baby food container. Throw away any food left in the bowl when your baby is done eating.



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At 6 months

Starting
Solid Foods





The American Academy of Pediatrics

recommends breastfeeding and/or formula feeding as the sole source of nutrition for your baby's first 6 months.



At about 6 months of age, solids foods can be added to your baby's diet. Breast milk or infant formula will continue to be your baby's main source of nutrition until at least 1 year of age.

Continue to breastfeed for as long as you and your baby want.

Is your baby ready for solid foods?

Your baby must be able to:

 Sit up alone and hold their head steady.

Show

- they want food by opening t

want food by opening their mouth.

- Grasp small objects and bring them to their mouth.
- Keep food in their mouth and swallow it instead of pushing it back out.

Tips for starting solid foods

- Start with a single-ingredient food from any food group. Offer food from a bowl with a small spoon.
- Include foods with iron and zinc to support growth. Good choices include iron-fortified infant cereal (oatmeal or multigrain) or infant food meats.
- Give smooth or pureed foods to prevent choking. Your baby is learning to swallow solid food. Your baby should always be seated and supervised during mealtimes.
- Give your baby only one food at a time.
 Wait 3 to 5 days before trying another food.
 Watch for signs of allergic reaction, such as a rash, wheezing, vomiting or diarrhea. If your baby has a reaction, stop offering that food and talk with your baby's pediatrician.
- Begin by offering food once a day. Your baby has a small stomach and may not eat much. Offer 1 to 2 tablespoons of food after breast milk or infant formula.
- Offer healthy foods. Do not add sweeteners or salt to your baby's food. Babies younger than 12 months should not be given juice.
- Create a pleasant eating environment.

Allow your baby to have fun and make a mess. That is a normal part of learning to eat solid foods!



Keep your baby safe

Do NOT give your baby:

- Honey. Honey can contain bacteria that can make your baby sick. Do not feed honey or foods containing honey to children younger than 12 months.
- Cow's milk or plant based milk beverages (soy, almond, rice milk). These types of milk do not have the correct amount of nutrients for your baby. They can be hard for your baby's kidneys and digestive system to process. Cow's milk may be introduced at 1 year of age.
- Raw or undercooked eggs or meat. These could make your baby sick.

Choking hazards

Some foods increase your baby's risk of choking.

Foods to avoid:

- Whole pieces of canned fruit.
- Hard raw vegetables or fruits (carrots, apples).
- Uncooked dry fruit, such as raisins.
- Whole grapes, berries, cherry tomatoes.
- Nuts and seeds.
- Hot dogs, meat sticks and sausages.
- Large chunks of cheese, and string cheese.
- Chunks of peanut butter or other nut butters.
- Cookies and granola bars.
- Chips, pretzels, or popcorn.
- Round or hard candy.
- Gummy candies and chewy fruit snacks.

Ask the WIC Nutritionist if you need help with any of these tips.