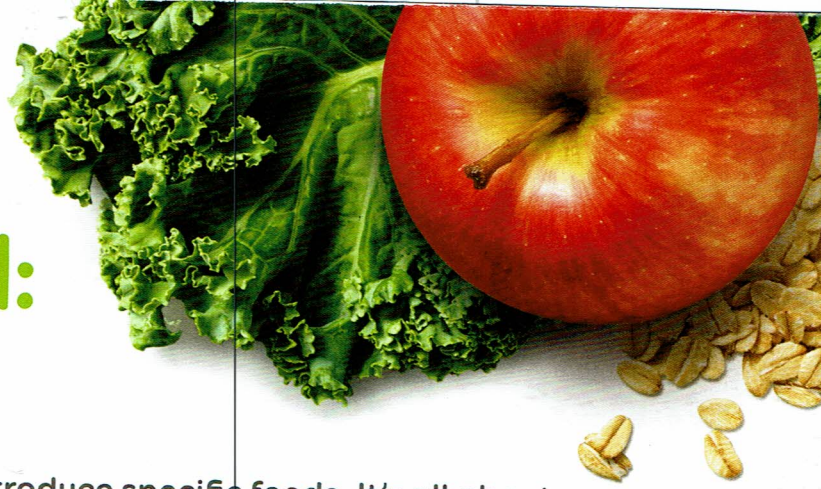


# INFANT NUTRITION: STARTING SOLIDS

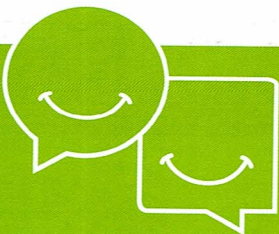
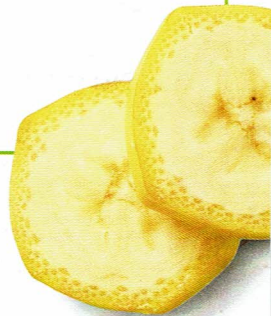


These days there are few rules about how to introduce specific foods. It's all about making sure you are giving baby the right texture for their stage of development - a texture baby can swallow safely. Start with a single ingredient food and wait 2-3 days before adding a new food. It is important to introduce baby to a wide variety of foods, as starting solids is a key time to influence eating habits later in life.

The below guide provides some starting solids and advancing textures suggestions:

AGE & STAGE	GRAINS/CEREALS	FRUITS	VEGETABLES	PROTEIN FOODS	PORTION SIZES
<b>6 MONTHS</b> Start with pureed, strained, easy to swallow foods  Add breastmilk, prepared formula or water for a thinner consistency	Iron fortified infant cereals  Pureed barley, oatmeal, amaranth, quinoa cereal	Cooked, pureed single fruits such as peaches, apples, pears, apricots, etc.  Mashed raw banana or avocado	Cooked, pureed single vegetable such as carrots, peas, green beans, squash, sweet potato, etc	Pureed meats, fish, poultry, legumes, tofu  Whole milk yogurt, no added sugar  Soft scrambled eggs, mashed slightly  Peanut or nut butter, thinned	Start with 1-2 Tbsp one to two times per day  Work up to 2 to 4 Tbsp 2 to 3 times per day
<b>7-9 MONTHS</b> Progress texture to lumpy/ coarsely mashed or finely chopped foods  Begin exploring self-feeding with soft 'smushable' finger foods	Lumpier oatmeal, iron fortified cereals  Dry 'O' type cereal  Bits of soft whole grain bread  Soft cooked pasta	Peeled mashed cooked fruits  Continue to increase the variety  Start to mix foods baby has tried	Peeled mashed cooked veggies  Continue to increase the variety  Start to mix foods baby has tried	Soft mashed meats, fish, legumes, tofu  Whole milk yogurt, no added sugar  Soft scrambled egg  Cottage cheese or other pasteurized soft cheeses  Peanut or nut butter, thinned	2 to 3 small meals, about the size of baby's fist  Begin teaching baby how to drink water from a cup. No more than a couple oz per day
<b>8-12 MONTHS</b> When ready, add more soft finger foods  Baby can join family meals  Begin introducing table foods/combination foods with "smush" consistency	Whole grain no-added sugar cereal, puffs, pasta, brown rice, quinoa, whole grain tortilla	Small pieces of cooked or soft fruit, skins removed	Small pieces of cooked or soft veggies, skins removed	Small pieces of soft cooked meats, fish, tofu, legumes, egg and soft pasteurized cheese  Whole milk yogurt, no added sugar  Peanut or nut butter on soft toast	3 to 4 small meals plus nutritious snacks

Some foods to avoid that could be a choking hazard: chunks of meat or cheese, hot dogs, sausages, popcorn, seeds, nuts, chunks of peanut butter, whole grapes or cherry tomatoes, hard gooey or sticky candy, chewing gum, raw vegetables or fruit chunks. No need to add salt or sugar to baby's foods.



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