



INTRODUCTION OF SOLID FOODS

In general, solid foods are a supplement to and not a replacement for breast milk or formula. They should be given after or separately from a breast or bottle-feeding. They should not cut down the intake of milk a baby takes until the child is 8-12 months old.

- Generally, solids are started about age 4-6 months. Breast-fed babies generally start solids closer to 6 months if mom and infant are satisfied, but may start after 4 months, if the infant is hungry.
- You introduce a new food every 2-3 days so that if the baby reacts to the food with vomiting, diarrhea, rash, etc., you know which food it is. After all foods are introduced, you can mix and match.
- Babies have likes and dislikes and if they don't like a particular solid, such as green beans, simply drop it from the menu. There is no solid that a baby has to have.
- The serving size per solid is roughly half a jar, which is two ounces or a fourth of a cup. However, you should generally feed your baby until full.
- Before 4 months of age it may be appropriate to sometimes add cereal to formula (2 tablespoons per 4oz. formula). After 4 months, infants should be fed with a spoon: never use an infant feeder.
- Introduce foods as follows:
 - Cereal: Rice, then Oats, Barley and Mixed.
 - Fruits: Introduce these in any order.
 - Vegetables:
 - a) Yellow vegetables - such as squash, carrots, etc.
 - b) Green vegetables - such as peas, green beans, etc.
 - Meats: Meats are the least favorite food of many babies so avoid if possible.
- Most babies will eat 1-2 solid meals per day starting at age 4-6 months. As they grow older this generally increases to 3 feedings per day. There is no 'right' time or amount to feed your baby. You and your baby should establish a routine that is best for the both of you. There is no 'right' way to feed cereals, fruits, vegetables and meats. Most parents feed their infants like they feed themselves i.e., cereal and fruit in the morning, vegetable and fruit at lunch, vegetable + meat + fruit for dinner. However, any system is okay as long as it is reasonably well balanced.

FEEDING YOUR TODDLER

- The toddler stage has many challenges: independence, development of language, weaning from the breast/bottle to a cup, slumping appetite, the development of food jags, temper tantrums and learning to eat with a spoon. The decrease in the toddlers' appetite during the second year of life is very disturbing to most parents. However, this appetite slump is quite normal.

- The growth rate of the toddler is much slower than that of the infant; therefore, the toddler's calorie requirements are also decreased. Now that the toddler is no longer taking a bottle and prefers to feed himself/herself parents are faced with another challenge: what do you feed a toddler?

SUGGESTED FINGER FOODS APPROPRIATE FOR BABIES 1 YEAR AND OLDER

Vegetables	Fruits	Dairy or Meat	Bread / Cereal
Cauliflower	Apples, peeled	Small squares of soft cheese, American, Gouda, Cottage cheese (add fruit)	Lightly buttered toast, cut
Cherry tomatoes (halved)	Pears, peeled	Yogurt (may be served semi-frozen)	Arrowroot cookies
Tomatoes, peeled	Peaches, peeled	Beans, soft cooked (½ cup beans is equal to 1 meat substitute)	Triscuits
Mushrooms	Navel oranges, peeled & sectioned		Pretzel rods
Lettuce, cut up	Mandarin oranges, canned		Graham crackers
Avocado, ripe	Fruit cocktail, canned, lite syrup		Bagel and cream cheese Cold cereals (dry or with milk)
Asparagus tips	Fresh berries		Cooked macaroni
Broccoli tips	Strawberries, halved		Cooked spaghetti
Green beans	Grapes, halved, seedless		Spinach noodles
Cooked sweet potato	Sweet cherries, pitted		Sandwiches broken into small pieces
Mashed potatoes	Blueberries		
French fries	Watermelon, pitted & cut bite-size pieces		
Pickle spears	Cantaloupe, cut into bite-size pieces		
Carrots, cooked	Banana, whole or cut		

WATCH OUT FOR THESE FOODS!!!

Because they may cause your baby to CHOKER, the following foods should be avoided. They may be safely introduced after your baby is 4 years old.

- NUTS, CHIPS, FRUITS WITH SEEDS, POPCORN, CELERY, RAW CARROTS, FISH WITH BONES, TOUGH MEAT, SMALL OR HARD CANDIES, BACON, FRANKFURTERS, BEEF JERKY.
- Because they may replace more nutritious foods and encourage a sweet tooth: COOKIES, PASTRY, SUGARCOATED CEREALS, CANDY, KOOL-AID, CAKE, SOFT DRINKS, BEER, CANDY FLAVORED FRUIT DRINKS.
- Because they are hard to digest: BACON, SAUSAGE. FATTY OR FRIED FOODS, HIGHLY SPICED FOODS, WHOLE KERNEL CORN.
- Because it can cause botulism in the baby under one year of age: HONEY

Vitamins

- Vitamins are recommended for breast fed infants starting in the first few days. If you wish to provide extra vitamins to be sure of proper nutrition, Poly-Vi-Sol is a good choice. Formula fed babies do not need vitamins unless premature or if taking less than 1 quart of formula daily.
- When you give vitamin drops, fill the dropper to the FULL mark. Place the dropper between your baby's gums

and cheek almost halfway back in the mouth, and slowly squeeze out contents.

- All babies need iron for the formation of red blood cells. Low iron formulas are never appropriate. We recommend all children stay on vitamins with iron after they go off the breast or formula.