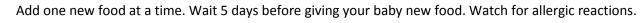
Solid Foods for Your Baby:

Age:	When your child:	He/She is ready for:	Suggested foods:	Grow A Healthy Baby!
4-7 months	 ✓ Sits supported or alone ✓ Keeps head straight when sitting ✓ Opens for spoon ✓ Closes lips over spoon ✓ Keeps food in mouth and swallows it 	Spoon feeding semi-solid foods Start cup practice (avoid soft nosed sippers that look like bottles) → 5-7 breastfeeds 27-50 oz formula per day	Iron fortified plain cereals (<u>rice,</u> <u>barley, and oats</u>) mixed with breast milk or formula Pureed or smooth fruits, vegetables or meats	Feed on a schedule, not whenever your baby seems hungry unless you are breast feeding. Offer 2-3 meals a day, and
7-8 months	 ✓ Sits alone ✓ Moves food to side of mouth ✓ Munches: chews up and down ✓ Tries to pick up food with palm. 	Spoon feeding of thicker, lumpier foods → 5-7 breastfeeds 30-45 oz formula per day	Fork-mashed soft fruits and well- cooked veggies Pureed meats, chicken, turkey or fish Plain yogurt	breast or formula in between. Babies under one don't need between-meal snacks. Choose foods that are simple or fortified. Puffs are
8-10 months	 ✓ Sits alone easily ✓ Chews: grinds with jaws ✓ Palm changing to pincer grasp (thumb and forefinger) ✓ Begins curving lip around cup 	Finger feeding of lumpy foods and pieces of soft foods Cup drinking → 5-7 breastfeeds 24-34 oz formula per day	Chopped well-cooked veggies Diced peeled soft fruit Small pieces of cooked ground meat, chicken, turkey, or fish Bits of toast, dry cereal, crackers Pieces of cheese, cottage cheese Mashed cooked dried beans, lentils, scrambled or boiled eggs	 just puffed air. Cheerios are a fraction of the cost and 10 times the nutrition. Avoid all sweetened liquids, including juice—Your baby needs no liquid beyond breast milk or formula. Make high fat and high salt foods, such as French fries,
10-12months	 ✓ Getting better at picking up small pieces of food and feed himself ✓ Getting better at controlling food in mouth ✓ Getting better at chewing 	Finger feeding Cup drinking from a hard top sippy cup <u>Cuddling and nipple</u> <u>feeding away from</u> <u>mealtime</u> → 4+ breastfeeds 24-30 oz formula per day	Cut-up soft cooked veggies Cut-up soft fruits Finely cut-up tender meats Casseroles with noodles cup-up Dry cereal, toast, crackers, sticky rice, pasta Egg, cheese Note: Start family meals even if it's just two of you.	hot dogs, chicken nuggets, "Graduate" foods, a "sometimes" food not an "always" food. Include at least three food groups in every meal . For example: banana slices +plain yogurt +whole wheat toast

Note: Solid foods are about learning to chew and swallow--Most of your baby's nutrition still comes from formula or breast milk.

4-7 months	7-8months	8-10months	10-12months
Early morning	Early morning	Early morning	Early morning
Breast or bottle feeding	Breast or bottle feeding	Breast or bottle feeding	Breast or bottle feeding
Breakfast (8:00-10:00)	Breakfast (8:00-10:00)	Breakfast (8:00-10:00)	Breakfast (8:00-10:00)
Infant cereal mixed with formula or breast milk	Infant cereal mixed with formula or breast milk	Dry cereal Diced soft fruit Plain yogurt Lunch (11:00-1:00)	Dry cereal Diced fruit Plain yogurt Lunch (11:00-1:00)
		Chopped cooked	Bites of your lunch food
 Pureed or smooth fruit, veggie, or meat. Either jarred or blended banana, peas, squash, carrots, peas, peaches, sweet potato, etc. <u>Bottle or breast feeding</u> Start cup practice 	 Fork-mashed fruit or veggie Pureed meat, chicken, mashed beans, scrambled eggs, or cottage cheese <u>Breast or bottle feeding</u> 	 veggie or soft peeled fruit Pureed or ground chicken, beef, fish, mashed beans, or scrambled eggs Diced macaroni, bits of toast or tortilla, sticky rice 	 <u>A MEAL SHOULD</u> <u>INCLUDE AT LEAST 3</u> <u>FOOD GROUPS:</u> Diced fruit or veggie Chopped meat, chicken, fish, or beans, lentils, eggs Bread, rice, pasta or potato
Afternoon (2:00-4:00)	Afternoon (2:00-4:00)	Afternoon (2:00-4:00)	Afternoon (2:00-4:00)
Breast or bottle feeding	Breast or bottle feeding	Breast or bottle feeding	Breast or bottle feeding
		Cheese, chopped fruit, crackers , cold cereal	Cheese, cottage cheese, chopped fruit, crackers
`Dinner (5:00-7:00)	Dinner (5:00-7:00)	Dinner (5:00-7:00)	Dinner (5:00-7:00)
 Infant cereal Pureed or smooth fruit, veggie, or meat. 	Dinner can be same as lunch	Dinner can be same as lunch	Bites of your dinner food INCLUDE AT LEAST 3 FOOD GROUPS:
<u>Breast or bottle feeding</u>	Do not add sugar, corn syrup, or salt to foods. No cow's milk, honey, for the first year.		 Meat, chicken, fish, eggs or beans/lentils Pasta, rice, tortilla or bread
Rodtimo	Rodtimo	Bedtime	Diced fruit or veggie Bedtime
Bedtime	Bedtime	Deulinie	
Breast or bottle feeding	Breast or bottle feeding	Breast or bottle feeding	Breast or bottle feeding



Feed your baby from a small dish not from a jar. Feed with a spoon. Use a clean spoon to take more food out of the jar. Your baby's saliva can spoil the food, which may cause diarrhea. Throw away any left-over food or liquids in your baby's bottle or dish. Store left-over jarred food in the refrigerator, use within 2 days.

WIC recommends bottle weaning between 10-14 months. Begin sips of milk from a cup at around 11 months.

Wipe baby's teeth with soft damp cloth after meals.



Only water bottles in the crib.