A GUIDE TO THE INTRODUCTION OF SOLID FOODS

GENERAL SUGGESTIONS:

1) Breast milk or formula with iron is enough nourishment for your baby to grow for the first 4-6 months. We try to hold off on adding solid foods until at least 4 months to avoid:
   A) Obesity
   B) Food Allergies
   C) Digestion Problems

2) Never add solid foods to the bottle of formula. Always feed solids with a small teaspoon.

3) If you are nursing, always breast feed first before offering the solid feeding so that your baby nurses well. If your baby is on formula, offer the solid feeding first. Your baby will probably take less formula per bottle after starting solid foods.

4) Start a new food with about 1 teaspoonful, and each time you offer it, increase the amount as tolerated, never forcing. (Cereal up to 4 tablespoons, and fruit ½ jar / per meal – meat and vegetables the same ½ jar each / per meal).

5) Start with one new food at a time and observe for a reaction, (diarrhea, rash, vomiting) for 3 – 5 days before starting another food. Omit that food from the diet if a reaction occurs.

6) DO NOT use dinners or combination foods initially.

7) DO NOT add sugar or salt to baby food, and NEVER use honey under one year of age.

8) If you decide to use fresh fruits, meats and vegetables, make sure they are soft and ground to a strained consistency with water or formula added to moisten and NO spices added.

9) Only heat that portion that will be consumed – DONT reheat. Once opened, a jar of baby food can be refrigerated for 48 hours.

FEEDING SCHEDULE:

0 – 4 Months – For the first 4 months breast feeding or formula with iron is sufficient nutritionally.
   *Typical amounts of formula and feeding schedule for a full term baby are:
   - By 2 weeks of age – about 4oz. Every 3 to 4 hours
   - By 1 month of age – about 5oz. Every 3 to 4 hours
   - By 2 months of age – about 6oz. Every 3 to 4 hours
   - Between 2 and 3 months of age – hopefully NO 2am feeding will be required.
   - By 3 months of age – 7oz. Each bottle, 5 bottles in 24 hours.
   - Often by 4 months of age your baby will be on 4–8oz. feedings a day. A schedule of 8am – Noon – 4pm – 8pm may be convenient for you and is possible. Your baby should be sleeping 10-12 hours at night. HURRAH!!!

4 – 6 Months – We generally recommend the introduction of solids at 4 months of age. The breast fed baby can actually wait until 6 months, if you wish. Sometimes we introduce iron fortified cereals and some fruit twice a day.

SOLIDS - The typical sequence of the introduction of solids is:
1) CEREALS  2) FRUIT  3) VEGETABLES  4) MEATS

Each new solid is added sequentially as described previously.
CEREALS - First Rice, then Oatmeal, then Barley. Mix cereal with the formula from bottle or breast milk initially to a soupy consistency, then thicken. Feed with a spoon. Avoid high protein and mix cereal, until after 6 months. Try rice cereal twice daily and then go on to the fruits. Try the other cereals after you have tried some fruits and vegetables. Rice cereal may be constipating. If this is an issue, discontinue and use oatmeal cereal.

FRUITS - Initially bananas, applesauce, peaches and pears; in any order, but one new fruit every four days – others may be tried later. You can offer cereal and fruit at breakfast and dinner. Pears and prunes soften stools. Bananas firm stools.

VEGETABLES – Peas, squash, green beans and carrots; alternate your green and yellow vegetables. You can offer vegetables and fruit at lunch after trying 3 or 4 vegetables start your meat, vegetables and fruit at lunch and dinner.

MEATS - Lamb, Beef, Veal, Chicken and Liver. You do not need to introduce meat until 6 months old.

MEAL PATTERN:

1) Initially offer cereal one / day at breakfast feeding. Then 2 times a day breakfast and dinner. Next add fruit at the same time.

2) Eventually you will work into the following schedule:

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>LUNCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit ½ jar</td>
<td>Vegetable ½ jar</td>
</tr>
<tr>
<td>Cereal 3-4 tablespoons</td>
<td>Meat ½ jar</td>
</tr>
<tr>
<td>Breast milk or formula 5-8oz.</td>
<td>Breast milk or formula</td>
</tr>
<tr>
<td></td>
<td>Some fruit</td>
</tr>
<tr>
<td>DINNER</td>
<td>BED TIME – Hopefully by 8pm</td>
</tr>
<tr>
<td>Vegetable ½ jar</td>
<td>Bottle or nursing</td>
</tr>
<tr>
<td>Meat ½ jar</td>
<td>Usually 8oz. of bottle</td>
</tr>
<tr>
<td>Breast milk or formula</td>
<td>Never to be given in the crib.</td>
</tr>
<tr>
<td>Some fruit</td>
<td></td>
</tr>
</tbody>
</table>

6 - 9 Months: Usually by now babies are on a 3 meal / day schedule as previously described. they are often taking 4 milk feedings per day by nursing or bottle. If by bottle they do not need more than 30-32oz./day. Not all babies HAVE to be on this schedule by 6 months. Often they have 2 teeth and enjoy chewing on anything.

You can think of introducing:

1) **Liquids in a Cup** – Can be introduced at 6 months just for practice. Baby should be sitting well with support. No juice, please. Water, formula, or breast milk in a cup is best.

2) **Stage II and III Foods** – Can be introduced at about 8 months. They are simply “chunkier”. Age varies when babies like this different texture.

3) **Some Soft Finger Foods** – Can be handled nicely by many 8–9 months olds. Always put only 1 to 2 pieces on tray to avoid babies stuffing his/her mouth and choking. If he/she seems to have difficulty, hold off and try again later. (i.e. – bits of soft toast, soft cheese, cottage cheese, mashed potatoes,
apple shavings, soft fruits (banana, melon), cheerios, veggie puffs). When older, bits of soft ground meat. Initially pieces are about ¼ inch in size.

4) **Egg** - Always begin with yolk boiled and mashed, a trick is to hide it in the cereal. Offer ½ teaspoon to start with for a few days – if no reaction (i.e.- rash) increase amount until full yolk is consumed. The more allergic part, the egg white, is offered last as a whole egg after the yolk is tolerated. Egg white can be given at 9 months.

5) **Juice** - Pear and prune juice are sometimes given to relieve constipation.

9 – 12 Months This is initially a trial and error period of advancing to table food as tolerated. Always starting with soft, small pieces, few at a time and careful observation. Avoid raisins, corn, **NO** peanuts, peanut butter or potato chips, and no foods with a skin. Avoid peanut butter, fish, berries, any nuts, chocolate and tomatoes until after 12 months. Try to encourage the cup in addition to the bottle. Please try to avoid sweets and artificial flavoring to insure good eating habits. Try not to use sweets and treats as a reward for good behavior. If your baby is formula fed, you should continue this iron fortified formula until 1 year. Mixing formula and whole milk is fine. This will help your child get used to the different taste of whole milk.

You will probably hear many different methods of introducing solids, this is just one of them. Please feel free to discuss or ask questions. There are many good soft cover books available in local bookstores. If you have a particular nutritional interest or problem, some of them are;

1. **Child of Mine – Feeding With Love and Good Sense**
   By Ellyn Satter 560 pages

   This book covers all the basics of child nutrition, including: nutrition for pregnancy; breastfeeding versus bottle feeding; calories and normal growth; introduction of solid foods to the infant diet; feeding the toddler; overweight children and childhood eating disorders.

2. **How To Get Your Kids to Eat…But Not Too Much**
   By Ellyn Satter

   Basic Principles of Feeding
   Feeding as Your Child Grows – Toddler eating issues
   Special Feeding Problems from Birth through Adolescence

3. **Secrets of Feeding a Healthy Family**
   By Ellyn Satter

   The secret of feeding a healthy family is to love good food, enjoy eating and teach children to do the same…