

# Solid foods, step by step


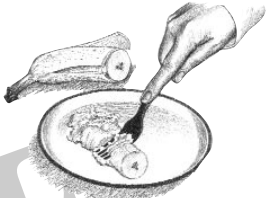
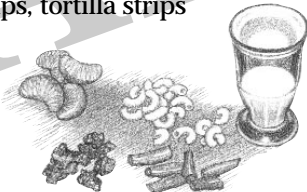

**What have you heard about feeding your baby solid foods?**

**What do other people say about feeding solid foods?**

**How do your friends feed their babies?**

**What would you like to do?**

Your child learns to eat step by step. Here are the foods that are right for each step. What are *your* ideas for foods your baby could eat at each step?

<p><b>Step 1:</b> <b>Mushy food you feed from the spoon</b></p> <p>Iron-fortified baby rice or barley cereal mixed with breastmilk or formula Fruits and vegetables that are finely fork-mashed, pureed or put through a baby-food grinder Baby food you buy in the store</p>  <p><b>Your ideas:</b></p>	<p><b>Step 2:</b> <b>Thicker, lumpier food you feed from the spoon</b></p> <p>Fruits and vegetables that are coarsely mashed Mashed potatoes, refried beans and sticky rice Toddler food that you buy in the store</p> <p><b>Your ideas:</b></p> 
<p><b>Step 3:</b> <b>Small pieces of finger food he feeds himself</b> <b>Foods he bites or breaks off with his gums</b></p> <p>Cut-up cooked vegetables, fruits and casseroles Cut-up raw bananas or peaches Tender chopped meats Cheerios or Corn Chex Bread squares, toast strips, tortilla strips Graham crackers</p>  <p><b>Your ideas:</b></p>	<p><b>Step 4:</b> <b>Table food that is easy to pick up, chew and swallow</b></p> <p>Everything adults eat except food that might make him choke Whole pasteurized milk Juice in a cup</p> <p><b>Your ideas:</b></p> 

- Start one new food at a time. Wait 3 or 4 days to give more new food. That way you can tell if the new food gives your baby a stomachache, diarrhea, skin rashes, or wheezing.
- Give your child time and chances to learn to like new food. Offer a new food a few meals later and a few meals after that. After 10 or 15 tries, he will like most foods.
- Wait until he is 7 to 9 months old to give wheat, egg white, citrus fruit, shellfish, and chocolate. Those foods are most likely to cause allergies.
- Wait until your child is one year old to give peanut butter. Wait until age 2 years if you have family allergies. Allergic reactions to peanuts can be severe.

