Guidelines for Starting Your Infant on Solid Foods

Breast milk or iron-fortified formula is all that is usually needed for healthy growth and development in your baby, but most experts suggest adding solid foods to your infant’s diet around 6 months of age. Before feeding your baby solid foods, make sure he/she is able to:

- Swallow semi-solid foods
- Sit up well
- Control neck and head movement
- Open mouth and move tongue and lips around

Assuring your child can complete these tasks will make for a safe transition to solid foods. If you are unsure when to start feeding your child solid foods, consult your pediatrician for additional information.

<table>
<thead>
<tr>
<th>Month(s)</th>
<th>New Food Suggestions</th>
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| 0 - 5    | Feed breast milk or formula  
          | - If using formula, start feeding infant iron-fortified formula from months 4 - 5  
          | - Continue until after the 11th month |
| 6 - 7    | Add iron-fortified cereals: rice, barley, oats  
          | - Avoid fruit flavored or mixed grain cereals  
          | - Start with rice  
          | Start feeding pureed single vegetables, fruits, and protein foods  
          | - Vegetables: sweet potatoes, squash  
          | - Fruits: bananas, pears, peaches, apples  
          | - Protein: chicken, pork, beef, tofu, beans |
| 8        | Add mixed-grain and iron-fortified cereals, rice, spiral pasta, bread strips, and teething crackers |
| 9 - 10   | Begin feeding:  
          | - Cooked vegetables: mashed or chopped  
          | - Canned or soft fresh fruits: mashed or chopped  
          | - Cottage cheese, yogurt, eggs, and boneless fish |
| 11 - 12  | Try feeding your baby:  
          | - Bite-sized soft and cooked vegetables, soft fruits, and single meats.  
          | - Whole milk from a cup (at 12 months) |