



Guidelines for Starting Your Infant on Solid Foods

Did You Know?

Adding breast milk to solid food ensures your baby is getting all the essential nutrients he/she needs. Try mixing breast milk with:

- Plain, ripe, or pureed fruit such as applesauce, peaches or mashed bananas
- Pureed vegetables with no added salt
- Pureed protein sources such as chicken, beef, pork, tofu, or beans

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.

Month(s)	New Food Suggestions
0 - 5	Feed breast milk or formula <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Avoid fruit flavored or mixed grain cereals • Start with rice Start feeding pureed single vegetables, fruits, and protein foods <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • Bite-sized soft and cooked vegetables, soft fruits, and single meats. • Whole milk from a cup (at 12 months)



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