

WHEN

4-6 Months Old

How will I know if they are ready?

- Shows good head and neck control
- Can sit well with or without support



- Opens mouths when offered baby food
- Tries to grab food, toys, or other objects

WHAT

Recommended First Foods

- Start with **one-ingredient foods** like fruits, vegetable, or grains (rice, oatmeal, or cereal).
- First offer thin purees. Then try a mashed consistency as your baby becomes used to different textures.
- Introduce **two-ingredient foods**, like a meat mixed with a vegetable, once your baby gets used to one-ingredient foods.

HOW

Feeding Instructions

- Seat baby securely in a high chair; watch for choking.
- If your baby has sensitive skin, apply barrier cream around their mouth to prevent irritation.
- Introduce **one food at a time** in small spoonfuls; increase based on your baby's appetite.
- Start with one meal daily, increase to three as baby grows.
- **Continue feeding breastmilk or formula** until age 1.
- Offer a variety of foods daily to diversify diet as your baby becomes familiar with new flavors.

CHOKING HAZARDS TO AVOID UNTIL AGE 4+ YEARS:

Hard, round, or sticky foods like nuts, grapes, raw carrots, candy, lollipops, and popcorn.

Note: It may take several tries for your baby to accept new foods. Be patient, and consult your doctor with any concerns.

BEFORE YOU BEGIN

Pick a time when your infant is healthy and able to have your full attention for at least 2 hours to watch for an allergic reaction.

If your baby has severe eczema or food allergy, please talk to your doctor before introducing these foods.

KNOW HOW TO RECOGNIZE AN ALLERGIC REACTION

Mild Symptoms:

- Rash
- Hives
- Swelling around eyes

Severe Symptoms:

- Lip or tongue swelling
- Vomiting or diarrhea
- Wheezing or difficulty breathing
- Sudden fatigue
- Widespread hives
- Skin color changes
- Repetitive coughing



Concerned about your baby's response?

Seek immediate medical attention—call 911.

INTRODUCING PEANUT

Babies can safely enjoy smooth peanut flavors when they are thinned and mixed well.

- Measure 1 serving of peanut protein*:
 - 2 teaspoons of smooth peanut butter, or
 - 2 teaspoons of peanut powder, or
 - About 21 peanut puffs like Bamba
- Mix with purée, water, formula, or breastmilk until smooth.

*One serving contains 2g of peanut protein.

Gradually increase to three servings per week based on your baby's preferences

INTRODUCING EGG

Babies can enjoy the taste and texture of fully cooked egg.

- Boil an egg for 10 minutes, then cool and remove the shell.
- Measure 1 tablespoon of chopped boiled egg.
- Mix with purée, water, formula, or breastmilk.

Powder option: 1/2 packet of egg powder

Baby led weaning option: Steamed egg custard or omelet strips

OPTIONS FOR MIXING

Mix with one of the options below.



2 teaspoons of warm water, formula, or breastmilk



2 tablespoon vegetable puree such as broccoli, sweet potato or butternut squash.



2 tablespoon fruit puree such as banana, apple or pear puree.



2 tablespoon prepared whole grain infant cereal.