



Feeding Your Baby Solid Foods

When?

Babies become interested in solid foods around ages 4 to 6 months.

How will I know if they are ready?

Shows good head and neck control

Sits upright with little to no 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 fortified baby cereal, fruit, or vegetable.
- 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.
- DO NOT add any sugar, salt, or spices to baby food.
- DO NOT give any cow's milk, juice, or honey* until their first birthday.

*Giving honey to children under 12 months can cause a botulism infection, which is life-threatening.

How?

Instructions for Feeding

- Place your baby in a secure high chair and stay with them the entire time to watch for choking.
- Introduce **one new food at a time**. First offer small amounts on a spoon, then start increasing based on your baby's appetite.
- Start with one meal per day, then increase to three per day as your baby grows.
- **Continue giving breastmilk or formula** during your baby's first year of life.
- Slowly offer a variety of foods as your baby becomes used to new flavors.

CHOKING HAZARDS TO AVOID UNTIL AGE 4+ YEARS:

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

It may take many attempts before your baby accepts a new solid food.

Be patient, and ask your doctor if you have any concerns!

Adding Peanut Protein to Your Baby's Diet



These are general instructions for feeding peanut-containing foods to your baby. When introducing peanut-containing foods, *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 an egg allergy, please wait to give peanut-containing foods until your doctor says it is okay.

How To Introduce

Apply barrier cream to your baby's mouth before introducing peanut-containing foods.


1. Offer a small amount* of smooth peanut butter on the tip of a baby spoon.
2. Wait 10 minutes to see how your baby responds.
3. If there is no allergic reaction (see below), continue feeding your baby.

Allergic Reaction

MILD symptoms include new rash or hives, especially around the mouth.

SEVERE symptoms include:

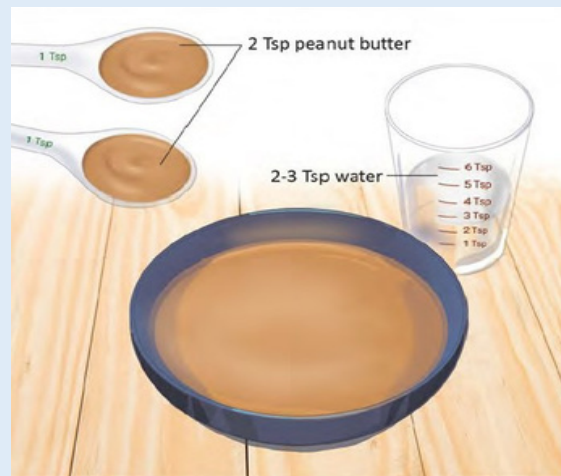
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| Lip or tongue swelling | Widespread hives |
| Vomiting or diarrhea | Skin color changes |
| Wheezing | Repetitive coughing |
| Difficulty breathing | Sudden fatigue |

 Concerned about your baby's response to peanut? Call 911 for medical attention.

Recipe #1

Smooth Thinned Peanut Butter

***Start with one serving containing 2g of peanut protein. Gradually increase to three servings per week, adapting to your baby's appetite and preferences.**



1. Measure 2 teaspoons of smooth peanut butter.
2. Add 2-3 teaspoons of hot water and stir until mixed, thinned, and blended. Let mixture cool.
3. Add water or baby cereal to make the mixture as thin or thick as your baby likes.

Contains 2g of peanut protein per serving.

Recipe #2

Smooth Peanut Butter Puree



1. Measure 2 teaspoons of smooth peanut butter.
2. Add 2-3 tablespoons of a fruit or vegetable puree that your baby has eaten before. Stir until well blended.
3. Add more puree to make the mixture as thin or thick as your baby likes.

Contains 2g of peanut protein per serving.