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, 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

Offer a small amount* of smooth peanut butter on the tip of a baby spoon.

Wait 10 minutes to see how your baby responds.

If there is no allergic reaction (see below), continue feeding your baby.

### Allergic Reaction Signs

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

**SEVERE** symptoms include:

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

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

### Recipe #1

**Smooth Thinned Peanut Butter**

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.*