Food For Baby’s First Year

Your baby must be ready before he or she can eat foods. This guide will help you know when your baby is ready for certain types of foods.

<table>
<thead>
<tr>
<th>Birth-4</th>
<th>4-6</th>
<th>5-7</th>
<th>6-8</th>
<th>Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suckles</td>
<td>Controls head movement</td>
<td>Sits with support</td>
<td>Chew</td>
<td></td>
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<tr>
<td>• Breast-milk</td>
<td>• Iron-fortified infant cereal*</td>
<td>• Strained or pureed</td>
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<tr>
<td>• Iron-fortified infant milk formula</td>
<td>Feed cereal from a spoon only.</td>
<td>• Vegetables</td>
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<td>Always hold the baby when giving a bottle.</td>
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<td>• Fruits</td>
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<td>Offer plain foods without added salt or sugar.</td>
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<td></td>
<td></td>
<td>Offer a variety of foods.</td>
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</tbody>
</table>

* Baby cereals can be prepared with formula, breast-milk, water, or juice.
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Diluted fruit juice
Begin teaching baby to drink from a small cup.

Suckles          Controls head movement           Sits with support           Chews            Grasps           Holds            Improves coordination          Feeds self

Other infant cereals
• Wheat
• Mixed grains

Mashed fruits and vegetables

Finger foods
• Toast squares
• Unsalted soda crackers
• Soft tortillas
• Cooked vegetable strips or slices
• Peeled, soft fruit wedges or slices
• Cheese cubes
Let baby begin to feed self.

Mashed or chopped food from the family meal
Allow baby to feed self with spoon.
Gradually decrease number of feedings from breast or bottle as baby eats more food.

Introduce
• Whole milk
• Whole egg

Offer 3 meals a day plus snacks.
Serve beverages from a cup.

Birth-4                  4-6               5-7             6-8                 7                        7-9                           9-12                 One Year

Warning: Babies can easily choke on nuts, seeds, popcorn, raw vegetables, peanut butter, grapes, meat sticks, and hot dogs. Do not give these foods. Young children should be closely watched when they are eating.
1. Feeding time is a learning time for your baby. Be patient and attentive to your baby's needs.

2. Sweeteners such as honey may contain substances that can cause infant botulism. Infant botulism is a food poisoning that can lead to death. Do not give these sweeteners to your baby until he or she is one year old.

3. Bottles are for plain water, formula, or breast-milk. Do not give sweetened drinks, sodas, gelatin, or sugar water in a bottle.


5. Start one new food at a time. Wait about 5 days before giving the next new food. This gives your baby time to adjust to each new food. If the baby is sensitive to a specific food, it is easier to determine which food may have caused the reaction.

6. Possible allergic symptoms include: skin rash, gas, diarrhea, and problems with breathing.

Foods that commonly cause allergic reactions include: cow's milk, citrus juice, citrus fruit, egg whites, and wheat products. When you offer these foods, watch for possible reactions.

7. Buy one-item baby foods such as strained turkey. Avoid combination dinners like turkey and carrots. There is as much protein in one jar of strained meat as in at least two jars of strained meat and vegetables.

8. Offer fruit for dessert. Babies do not need baby desserts such as puddings, custards, and cobblers.

9. Place the amount of food your baby will eat in a small dish. Feed with a small spoon. Throw away food left over in the feeding dish. Food left over in the jar should be tightly sealed and stored in the refrigerator. Never feed the baby from the jar unless you will use the whole jar.