



ORGANICS
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Is my baby ready for solids?

You can start giving your baby solid foods at around 6 months, says the American Academy of Pediatrics.* But first, look for these signs that your baby is ready:

- ✓ He can sit with support.
- ✓ She holds her head up when sitting.
- ✓ He can turn his head toward or away from food.
- ✓ She is interested in food when other people are eating.
- ✓ He opens his mouth when you offer a spoonful of food.
- ✓ She can take food from a spoon and swallow.

How do I start my baby on solids?

Now that your baby is ready, try these simple steps:

- Offer a small amount of pureed, easy-to-swallow food 1 to 2 times per day.
- Introduce one "single-ingredient" food at a time.
- Wait 2 to 3 days before introducing another new food so you can check for allergies.
- Don't worry if she doesn't eat a lot. She is still learning new tastes and textures.

Breast milk
or formula is your
baby's **main**
source of nutrition
for the first year.

REMEMBER:
Babies under
one should
never have honey.

*Always check with your doctor before starting solids.

Infant Nutrition: Starting Solids



These days there are few rules about how to introduce specific foods. It's all about making sure you are giving baby the right texture for their stage of development - a texture baby can swallow safely. Start with a single ingredient food and wait 2-3

days before adding a new food. It is important to introduce baby to a wide variety of foods, as starting solids is a key time to influence eating habits later in life. **The below guide provides some starting solids and advancing textures suggestions:**

AGE & STAGE	GRAINS/CEREALS	FRUITS	VEGETABLES	PROTEIN FOODS	PORTION SIZES
6 MONTHS Start with pureed, strained, easy to swallow foods Add breastmilk, prepared formula or water for a thinner consistency	Iron fortified infant cereals Pureed barley, oatmeal, amaranth, quinoa cereal	Cooked, pureed single fruits such as peaches, apples, pears, apricots, etc. Mashed raw banana or avocado	Cooked, pureed single vegetable such as carrots, peas, green beans, squash, sweet potato, etc	Pureed meats, fish, poultry, legumes, tofu Whole milk yogurt, no added sugar Soft scrambled eggs, mashed slightly Peanut or nut butter, thinned	Start with 1-2 Tbsp one to two times per day Work up to 2 to 4 Tbsp 2 to 3 times per day
7-9 MONTHS Progress texture to lumpy/ coarsely mashed or finely chopped foods Begin exploring self-feeding with soft 'smushable' finger foods	Lumpier oatmeal, iron fortified cereals Dry 'O' type cereal Bits of soft whole grain bread Soft cooked pasta	Peeled mashed cooked fruits Continue to increase the variety Start to mix foods baby has tried	Peeled mashed cooked veggies Continue to increase the variety Start to mix foods baby has tried	Soft mashed meats, fish, legumes, tofu Whole milk yogurt, no added sugar Soft scrambled egg Cottage cheese or other pasteurized soft cheeses Peanut or nut butter, thinned	2 to 3 small meals, about the size of baby's fist Begin teaching baby how to drink water from a cup. No more than a couple oz per day
8-12 MONTHS When ready, add more soft finger foods Baby can join family meals Begin introducing table foods/combination foods with "smush" consistency	Whole grain no-added sugar cereal, puffs, pasta, brown rice, quinoa, whole grain tortilla	Small pieces of cooked or soft fruit, skins removed	Small pieces of cooked or soft veggies, skins removed	Small pieces of soft cooked meats, fish, tofu, legumes, egg and soft pasteurized cheese Whole milk yogurt, no added sugar Peanut or nut butter on soft toast	3 to 4 small meals plus nutritious snacks

Some foods to avoid that could be a choking hazard: chunks of meat or cheese, hot dogs, sausages, popcorn, seeds, nuts, chunks of peanut butter, whole grapes or cherry tomatoes, hard gooey or sticky candy, chewing gum, raw vegetables or fruit chunks. No need to add salt or sugar to baby's foods.



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