



How Do I Start Feeding My Baby Solid Food?

When Do I Start?

You can start feeding your baby solid food at 4-6 months of age, **if**:

- Your baby has good head and neck control.
- Your baby can sit up with support.
- Your baby seems interested and hungry between regular feedings.

Please note that the American Academy of Pediatrics recommends breast feeding alone for your baby's first 6 months.

What Type Of Foods Should I Give First?

Give your baby solid food that is rich in iron and zinc.

You can pick one of the choices below:

1. Give 2 tablespoons of **iron-fortified** baby cereal twice a day for a total of 4 tablespoons a day.
2. Give 1 to 2 jars (or 1 to 2 ounces) of pureed meat a day.

What Type Of Foods Should I Give Next?

Give your baby one (1) new soft food every 3 to 5 days from any food group.

The food you offer your baby should have **only one (1) ingredient**. Be patient, it may take your baby ten times or more to try a food before your baby eats it.

- At 7 to 8 months, your baby should be eating foods from all food groups.
- At 9 months, you can start offering finger foods and more lumpy foods.

Which Foods Should I Not Give to my Baby?

- Honey - do not give your baby honey until their first birthday.
- Cow's milk or other types of milk - do not give until your baby's first birthday.
- Sugar
- Salt

- Juice - limit juice to less than 4 to 6 ounces a day.

Do not give your baby foods that can lead to choking:

- Hot dogs
- Whole grapes
- Nuts
- Raisins
- Hard candies
- Raw veggies

How Much Food Should I Give My Baby?

- Start offering solid food 2 to 3 times a day.
- Follow your baby's hunger cues to guide how much to give.
- As your baby takes more solid food, they will take less breast milk or formula.
- By 9 months, set a routine of 3 meals a day with 2 to 3 snacks.

When Can I Give My Baby Water?

At 6 months, you can start giving your baby water. **Do not offer your baby water before 6 months.**

- Six ounces of water a day gives your baby enough fluoride for strong, healthy teeth.
- At 9 months, start offering water in a cup.

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