**GUIDE FOR STARTING SOLIDS**

**Use a spoon**

**Use a high chair**

**Offer a cup**

**Your Baby May Be Ready for Solids When He or She:**
- Holds head steady
- Can sit up with support
- Keep food in mouth and swallow it
- Probably close to 5-6 months.

Your goal is to teach your baby how to eat from a spoon ... not to fill him up! Let your baby take the lead. Start one food at a time. Wait 1 week before adding another new food. And remember, breastmilk or formula is still the most important food.

**5-6 Months:** Start with 1 tsp. dry rice cereal mixed with breast milk, formula, or water. Increase 1-4 T. per day.

<table>
<thead>
<tr>
<th>Months</th>
<th>AM</th>
<th>PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>2-3 T. cereal (rice, oatmeal or barley)</td>
<td>2-4 T. plain strained vegetables (avoid vegetable/meat dinners) Offer water, formula or breastmilk in a cup. (Use a strainer, blender or baby food grinder to make your own baby food.) Remember that every baby will eat different amounts depending upon their appetite and rate of growth.</td>
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<tr>
<td>6½</td>
<td>3 T. infant cereal</td>
<td>2-4 T. plain strained fruits</td>
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<tr>
<td>7</td>
<td>2-4 T. infant cereal</td>
<td>4-8 T. plain fruit (soft, mashed)</td>
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<tr>
<td>8</td>
<td>2 T. protein food</td>
<td>2 T. protein food</td>
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**8 Months:** Start 3 meals daily, include soft table foods. Offer cup and finger food ** at each meal.

| Breakfast: | 2-4 T. cereal | ½ cup mashed fruit |
| Lunch:     | 2 T. protein food | ½ cup soft cooked vegetable |
| Snack:     | Finger food | 2 oz. juice in a cup (mixed with 2 oz. water) |
| Dinner:    | 2-4 T. cereal | ½ c. soft cooked vegetable |

**Protein Foods**
- Strained meat, chicken, turkey
- Blenderized meats
- Cottage cheese
- Cooked egg yolk (no egg whites)
- Mashed tofu
- Plain or mixed plain/flavored yogurt
- Cooked & mashed dried beans/peas (vegetable/meat dinners are not protein foods!)

**Finger Foods**
- Ripe banana slices
- Soft cut-up fruits (no skin or seeds)
- Soft cooked vegetables
- Toast Strips
- Toasted oat rings
- Grated cheese
- Sticky rice
- Cooked pasta
- Small pieces of soft tortilla

(Over)
Remember that each baby will eat different amounts of food based upon his or her size and rate of growth. Sample portion sizes shown are given purely as estimates.

### 9 MONTHS
Expand choices of finger foods at meals. Offer protein foods.

**Breakfast**
- 4-8 T. infant cereal
- 4-6 T. ripe banana breastmilk or formula

**Snack AM**
- 2 T. dry Cheerios or Kix
- 4 oz. breastmilk or formula in a cup

**Lunch**
- 2 chopped meatballs
- ½ slice toasted bread
- 4-8 T. steamed broccoli

**Snack PM**
- 2 reduced sodium saltine crackers
- water in a cup

**Dinner**
- 4-8 T. noodles
- 1-2 T. grated cheese
- 4-8 T thin pear slices breastmilk or formula

### 10 MONTHS

**Breakfast**
- 4-8 T. infant cereal
- 4-8 T applesauce breastmilk or formula

**Snack AM**
- 1/2 cup Whole milk Yogurt w/soft sliced pears
- 1/4 sliced bagel, toasted water in a cup

**Lunch**
- ½-1/2 Cup macaroni and cheese
- 4-8 T. green beans breastmilk or formula

**Snack PM**
- 2 reduced sodium Ritz crackers
- 2 steamed carrot sticks
- 2-4 T avocado water in a cup

**Dinner**
- 2-4 T. sticky rice
- 2-3 T. cooked chopped chicken
- 4-8 T. diced peaches breastmilk or formula

### 11 MONTHS

**Breakfast**
- 4-8 T. infant cereal
- 2-4 T. grated apple breastmilk or formula

**Snack AM**
- 4-6 T. whole milk cottage cheese toast strips water in a cup

**Lunch**
- 2 T. thin cooked turkey slices
- 4-8 T. cooked pasta spirals
- 4-6 T. steamed broccoli

**Snack PM**
- 1 mini corn muffin breastmilk or 4 oz. formula in cup

**Dinner**
- ½ soft tortilla torn into pieces
- 2-4 T. mashed kidney beans
- 4-8 T thin melon slices breastmilk or formula

### ONE YEAR OF AGE
You can now offer whole milk in a cup. Your baby will get many benefits if you continue to breastfeed. Your child can also eat many of the same foods the family eats, provided the texture is appropriate and it doesn’t pose a choking risk.

**Breakfast**
- ½ scrambled egg
- ½ sl. Toast strips
- ½ C. melon slices
- 4 oz. milk in cup

**AM Snack**
- ½ C. sweet potato wedges
- 4 oz. milk in cup

**Lunch**
- 1/3 C. Tuna noodle casserole
- 2 T. peach slices
- 2 T. steamed spinach

**Snack PM**
- 2 low sodium crackers
- thin slices cheese water in cup

**Dinner**
- 1/3 C. Spaghetti with meat sauce
- 2 T. green beans
- 2 T. kiwi slices soft bread stick

Young children are at risk for choking on food. Although children can choke on any food, foods that are hard or tough to chew, slippery, small and round or sticky present an increased risk. Try to avoid foods such as hot dogs, popcorn, raw carrots, grapes and candy. Plan to be present while your child is eating.

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