





Starting Solids Journal

When your baby is six months of age and showing signs that he or she is ready, you can start to offer new foods and textures. Extra iron is needed at six months, so your baby's first foods should be iron-rich like meat, chicken, fish, beans, eggs, and iron fortified cereals. It is important to provide a variety of soft textures and finger foods from six months of age. Based on your child's readiness, you can offer either pureed, minced, ground or mashed textures even if your baby does not have teeth. Offer iron-rich foods twice a day from 6 to 12 months and at each meal from 12 to 24 months.

After your baby has started eating iron-rich foods, he or she needs other foods like vegetables, fruit, grains, cheese, and yogurt. Vitamin C helps babies absorb the iron from their food. Therefore, you can add vegetables or fruit to infant cereal or meat and alternatives.

Type of Food	Variety	Date Given	Reaction   		
			1st try	2nd try	3rd try
Infant Cereal	Rice				
	Barley				
	Oat				
	Wheat				
	Mixed Grains				
Meat & Alternatives	Beef				
	Chicken				
	Pork				
	Fish				
	Eggs				
	Tofu				
	Lentils				
	Kidney beans				
	Chick peas				
Vegetables	Carrots				
	Peas				
	Sweet potato				
	Green beans				
	Squash				
Dairy	Cheese				
	Yogurt				
Mixed Dishes	Spaghetti				
	Chicken stew				
Notes:					

Wait two days after introducing each of the foods below before you introduce a new food from the same list: whole eggs, milk, mustard, peanuts, seafood (including fish and shellfish), sesame, soy, wheat and tree nuts such as almonds, cashews, walnuts, pistachio nuts, hazelnuts and pecans. Signs of an allergy are rash, vomiting, diarrhea, or breathing problems. Stop feeding the food if you think it is causing any of these symptoms. Talk to your doctor. Call 911 if your baby is having trouble breathing.



Sample Menus for Baby

Exclusive breastfeeding is recommended for the first 6 months of life. At 6 months of age you can begin to introduce solid foods while continuing to breastfeed on cue up to two years and beyond.

Tips for parents and caregivers:

- These menus are only a guide. Your baby may eat foods at different times. Follow your baby's cues to decide when to feed him or her.
- At 12 months of age you can begin to establish a schedule of meals and snacks. Let your child decide how much they want to eat from the food you offer.

For more information on how to introduce solid foods please see handout *Food for Baby's First Year*. <http://hnhu.org/food-for-babys-first-year/>

TIME OF DAY	7 MONTHS	11 MONTHS	17 MONTHS
Early morning and on cue at any time	<ul style="list-style-type: none">• Breastfeeding	<ul style="list-style-type: none">• Breastfeeding	
Morning/ Breakfast	<ul style="list-style-type: none">• Breastfeeding• Iron-fortified infant cereal• Mashed strawberries or other soft fruit	<ul style="list-style-type: none">• Breastfeeding• Iron-fortified infant cereal• Apple sauce or chopped fruit	<ul style="list-style-type: none">• Cooked oatmeal• Blueberries cut in halves or frozen blueberries, thawed• Egg, scrambled• Breastfeeding or homogenized (3.25% M.F.) milk
Snack	<ul style="list-style-type: none">• Whole grain toast, cut into small pieces or strips	<ul style="list-style-type: none">• Whole grain bread, cut into strips with soft margarine• Unsweetened stewed prunes, pureed Or: <ul style="list-style-type: none">• Unsweetened o-shaped oat cereal• Blueberries thawed from frozen	<ul style="list-style-type: none">• Whole wheat English muffin• Banana, sliced Or: <ul style="list-style-type: none">• Unsweetened o-shaped oat cereal• Canned fruit cocktail in juice
Midday/Lunch	<ul style="list-style-type: none">• Breastfeeding• Iron-fortified infant cereal• Hard-boiled egg, mashed, minced or grated• Cooked and mashed sweet potato or other vegetable	<ul style="list-style-type: none">• Breastfeeding• Canned salmon, mashed• Sweet potato, mashed• Green peas, cooked soft, mashed	<ul style="list-style-type: none">• Baked beans• Whole wheat crackers• Red and green peppers, cut in strips• Cantaloupe or honeydew melon, diced• Breastfeeding or homogenized (3.25% M.F.) milk
Snack	<ul style="list-style-type: none">• Unsweetened stewed prunes, pureed	<ul style="list-style-type: none">• Cheddar cheese, shredded• Whole wheat pita, cut into small strips Or: <ul style="list-style-type: none">• Hard-boiled egg, chopped• Whole grain bread, cut into strips	<ul style="list-style-type: none">• Whole wheat pita, cut into strips• Hummus Or: <ul style="list-style-type: none">• Unsweetened o-shaped oat cereal• Fresh plum, sliced
Early evening/ supper	<ul style="list-style-type: none">• Breastfeeding• Ground or finely minced plain, dark chicken or other meat• Cooked and mashed broccoli or other vegetable	<ul style="list-style-type: none">• Breastfeeding• Trout or char, deboned, flaked• Steamed brown rice• Cooked green peppers, chopped• Canned peaches, chopped	<ul style="list-style-type: none">• Mixed dish: Pasta<ul style="list-style-type: none">• Macaroni• Ground turkey, pan fried• Tomato, diced• Green beans, sliced• Sweet potato, mashed• Breastfeeding or homogenized (3.25% M.F.)milk
Evening and nighttime	<ul style="list-style-type: none">• Breastfeeding	<ul style="list-style-type: none">• Breastfeeding	

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