

Introducing... Solid Foods!

Content courtesy of WIC Arizona.

This institution is an equal opportunity provider.

When?

Usually at around 6 months old

Begin to offer solids
when your baby can...

- Sit up and hold their head steady
- Put fingers/hands in mouth when they see food
- Close lips over a spoon, keep food in their mouth, and swallow

How Much?

Feed During Hunger Cues

- Gets excited when food presented
- Points to food/reaches for food
- Moves head towards food

Stop Feeding at Fullness Cues

- Playing with food
- Pulls away from spoon
- Pushes food out of mouth
- Turns head away

Foods to Skip?

- Never put anything else besides breastmilk or infant formula in the bottle
- Avoid choking hazards: chips, dried fruit, hard candy, hot dogs, marshmallows, popcorn, pretzels, raw carrots, whole grapes, & peanut butter (unless it's spread thinly)
- Wait until baby is 1 year old to give juice, honey, and dairy milk



What?

Start with single-ingredient foods!

- **Cheese, cottage cheese, and yogurt** are great first foods along with vegetables, fruits, meat, eggs, and beans
- Offer new foods many times (it may take up to 10-15 times to accept)
- American Academy of Pediatrics research shows you do not need to wait to give common allergens like egg whites, shellfish, peanuts, and tree nuts

Babies can enjoy food from the family table when they can

- Use a spoon
- Bring food to their mouth
- Use forefinger and thumb to pick up small pieces



arizonamilk.org
nevadamilk.com