Introducing... Solid Foods!

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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

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

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

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