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GIVING YOUR BABY NEW FOODS: BIRTH TO 8 MONTHS



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MORE INFORMATION ABOUT FEEDING YOUR BABY

- When introducing new foods to your baby, do it one food at a time. Offer a new food and wait at least 5 days before you introduce another one. Introducing one food at a time helps you to detect allergic reactions. Skin rash, gas, breathing problems, and diarrhea can be signs of allergic reactions.
- **Never** force your baby to finish a bottle or food. The best judge of how much your baby can eat is your baby. Look for signals such as, turning the head away, closing the lips, pushing food out of the mouth, or throwing food on the floor. These are all ways your baby tells you "I'm full".
- Your baby can choke easily on certain foods. Do not give your baby hot dogs, nuts, seeds, popcorn, chips, grapes, raisins, raw vegetables, or peanut butter.
- **Never** give your baby honey or foods made with honey. It can make your baby **very** sick.
- Feed your baby from a dish and not from the jar. Feed with a small clean spoon. Never put a spoon that has been in your baby's mouth back into the jar. Saliva (spit) can spoil left over baby food. Throw away leftovers that are in your baby's dish, cup, or bottle. Store any food left in the jar in the refrigerator. Use it within 2 days.

GUIDE FOR INTRODUCING NEW FOODS TO YOUR BABY

BIRTH:

Your Baby Can:

- Suck and swallow liquids.
- Push tongue out.

For the first year:

- Breast milk.
- Baby formula with Iron.

From birth until about 4-6 months old, breast milk and formula are the only foods you should give your baby. It takes time for your baby's body to develop the ability to eat and digest new foods.

Breast milk is the best food for your baby.

If you give your baby a bottle, always hold your baby. **Never** put your baby to bed with a bottle.



4 TO 6 MONTHS OLD:

Or when your baby can:

- Sit with support.
- Hold head steady.
- Keep food in mouth and swallow.



First Food:

- Baby rice cereal with Iron.

Start baby with plain rice cereal. Next you can try oatmeal and barley cereals.

You can mix cereal with breast milk or formula. Make sure you start with thin cereal. Feed baby cereal with a spoon. **Never** put cereal in baby's bottle.

5 TO 7 MONTHS OLD:

Or when baby can:

- Sit without support.
- Begins to chew.

Food:

- Fruits and vegetables. Start with vegetables first.
- Smooth strained or cooked pureed vegetables.
- Strained or pureed fruits.

Start baby drinking from a small cup with water. Offer your baby plain food with no added sugar or salt. You can use a strainer, blender or food grinder to make baby food.

* **DO NOT** give your baby homemade carrots, spinach, beets, turnips or collard greens before 6 months old.

7 MONTHS OLD:

Or when your baby can:

- Use a cup with help.

Food:

- Start fruit juices.
- Only give baby juices that are 100% fruit juice.
- Give baby no more than 1/4 cup of juice per day.
- Mix juice with half water.
- Always give your baby juice in a cup.
- **DO NOT** give your baby orange juice or pineapple juice yet.



7-8 MONTHS OLD:

Or when your baby can:

- Grasp and hold onto things.



Food:

- Start with strained or pureed meat and chicken
- Beans
- Cottage cheese
- Plain yogurt
- Cooked egg yolk mixed with breast milk, formula, or yogurt
- Mashed tofu

Offer your baby a variety of foods. Baby should begin to feed him or herself.

DO NOT
feed your baby
hot dogs or
egg whites!