

# Feeding Your Baby Solid Foods

## When?

Your infant will express interest in eating solid foods between 4 and 6 months of age.



Do I show signs that I am ready to eat food?

### Infant Developmental Skills to Eat Food:

- ✓ Good head and neck control.
- ✓ Sits up with little or no support.
- ✓ Opens mouth when offered baby food.
- ✓ Tries to grab food, toys or other objects.

## What?

### Recommended first foods include:

- Start with one food first. Examples include fortified baby cereal and pureed vegetable or fruit. Gradually offer new single-ingredient purees one at a time.
- Offer thin purees first; advance to mashed consistencies as baby's palate adjusts to different textures.
- Progress infant's diet by serving two-ingredient purees such as meat mixed with a vegetable.
- Avoid adding sugar or salt to foods.
- Infant cereal should not be given in a bottle.
- Foods to avoid for the first 12 months of life: cow's milk, juice and honey.
- Foods to avoid until 4 years of age (choking hazards): hard, round or sticky foods such as nuts, grapes, raw carrots, candy, lollipops and popcorn.



## How?

### How to introduce solid foods:

- Feed your infant in a high chair and stay with your baby the whole time, watching for signs of choking.
- Allow your baby to sample small amounts of purees first, introducing one new food at a time. Gradually increase amounts offered to respond to baby's appetite.
- Begin with one feeding per day, increase to three feedings daily with infant's age.
- Continue to provide breast milk or infant formula during the first year of life.
- Your baby may need to be offered a new food several times before accepting this food.
- Gradually offer a variety of foods as baby adapts to new flavors and textures.

Be patient. It may take a while before I like a new food.



# Adding Peanut Protein To Your Baby's Diet

These are general instructions for feeding peanut-containing foods to your baby. When introducing peanut-containing foods, pick a time when your infant is healthy and able to have your full attention for at least 2 hours to watch for an allergic reaction.

**If your baby has severe eczema or an egg allergy, wait to give peanut-containing foods until your doctor says it is okay.**

## Feeding Your Infant Peanut Foods:

1. Offer a small sample of thinned peanut butter on the tip of a baby spoon.
2. Wait 10 minutes to see how your baby responds.
3. If no allergic reaction, offer more peanut containing food. Slowly give the rest of the peanut food as your baby will accept.

## Symptoms of an Allergic Reaction:

- ✓ Mild symptoms include new rash or facial hives especially around the mouth.
- ✓ More severe allergic symptoms include:

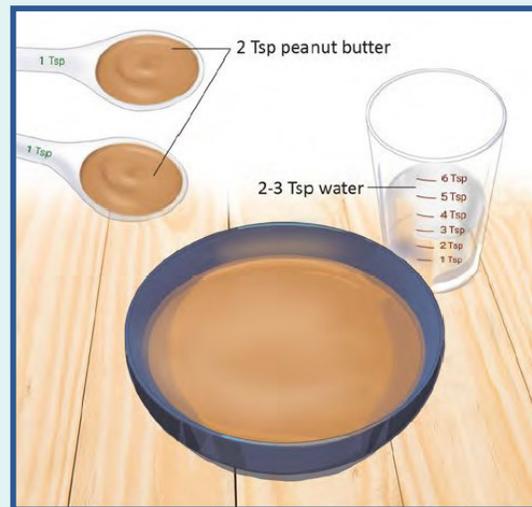
- Lip/tongue swelling
- Widespread hives
- Vomiting/diarrhea
- Skin color changes
- Wheezing
- Repetitive coughing
- Difficulty breathing
- Sudden fatigue



Concerned about your baby's response to peanut? Call 911 for medical attention.

## Peanut Recipe #1 Thinned, Smooth Peanut Butter

(contains 2 grams of peanut protein)

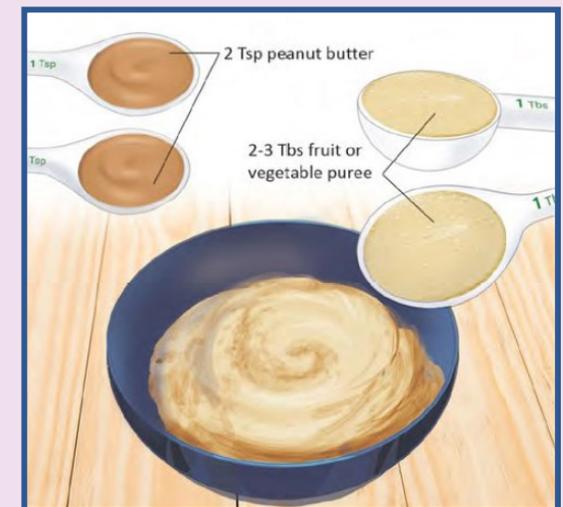


### Directions:

1. Measure 2 teaspoons of smooth peanut butter. Slowly add 2-3 teaspoons of hot water.
2. Stir until peanut butter is mixed in, thinned and well blended. Let cool.
3. Increase water or add infant cereal to make mixture as thin or thick as infant likes.

## Peanut Recipe #2 Smooth Peanut Butter Puree

(contains 2 grams of peanut protein)



### Directions:

1. Measure 2 teaspoons of smooth peanut butter.
2. Add 2-3 tablespoons of pureed fruit or vegetables that your infant has eaten before to the peanut butter.
3. Increase or decrease the amount to make mixture as thin or thick as your infant likes.

**Start with one serving containing 2 grams of peanut protein shown above. Gradually increase to three servings weekly, adapting to your baby's appetite and taste preferences.**