

# Feeding Your Baby Solid Foods

## When?

Your baby should show interest in eating solid foods between 4 and 6 months of age.



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

Your baby may be ready to eat solid foods if they...

- ✓ Have good head and neck control.
- ✓ Sit up with little or no support.
- ✓ Open their mouth when offered safe foods.
- ✓ Show an interest in and try to play with foods.

## What?

### Recommendations for first foods:

- Start with foods that contain only one ingredient, such as fortified baby cereal, a pureed vegetable, or a pureed fruit.
- Slowly progress to two-ingredient purees, such as meat mixed with a vegetable.
- Offer thin purees at first. As your baby gets used to different textures, advance to mashed foods.
- Avoid feeding sweets or adding sugar or salt to foods.
- Infant cereal should not be given in a bottle.
- Until baby is 12 months old, avoid cow's milk, juice, and honey.
- Until baby is 4 years old, avoid hard, round, or sticky foods such as whole nuts or grapes, raw carrots, or unthinned peanut butter (choking hazards).



## How?

### How to introduce solid foods:

- Continue to provide breast milk or infant formula during the first year of life.
- Feed your baby in a high chair and stay with them the whole time, watching for signs of choking.
- Allow your baby to try small amounts of purees first. Slowly add additional foods and increase the number of times you give each food weekly.
- 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 Safe Peanut Foods 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 baby is healthy and able to have your full attention for at least 2 hours to watch for an allergic reaction.

Once your baby has been introduced to a few other solid foods, you can start adding in baby-safe forms of peanut.

## Steps for the First Feeding of Safe Peanut Food:

1. Offer a small sample of thinned, creamy peanut butter on the tip of a baby spoon.
2. Wait 10 minutes and watch for symptoms of an allergic reaction (listed below).
3. If you don't see any symptoms of an allergic reaction, slowly feed your baby the rest of the peanut food.

## Symptoms of an Allergic Reaction:

- ✓ Mild symptoms include new rash, scratching at face or mouth, and hives (itchy bumps) especially near the mouth.

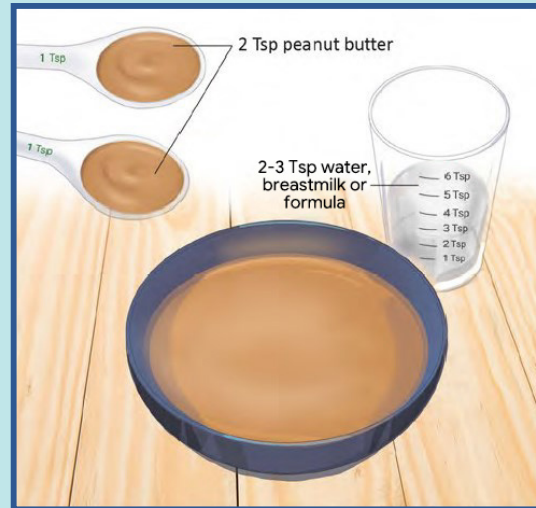


Call 911 if your baby has any of these severe symptoms of allergy:

- Trouble breathing
- Swelling of the tongue or lips
- Wheezing
- Hives all over the body
- Coughing repeatedly
- Floppy or limp limbs
- Pale or blue skin
- Repeated vomiting

## Peanut Recipe #1 Thinned, Creamy Peanut Butter

(contains 2 grams of peanut protein)



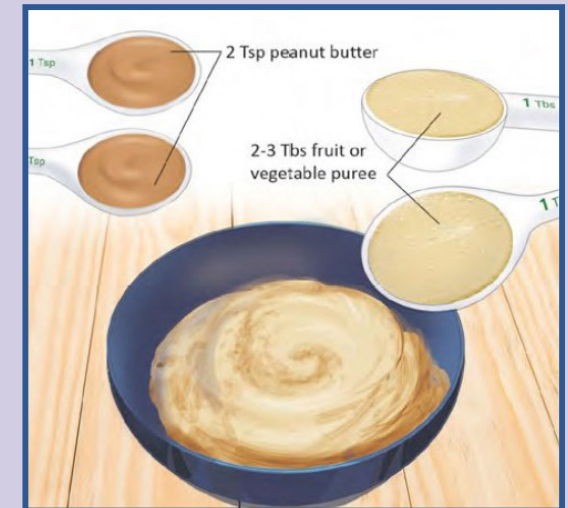
### Directions:

1. Measure 2 teaspoons of creamy peanut butter. Slowly add 2-3 teaspoons of warm water, breast milk, or formula.
2. Stir until peanut butter is well-blended and thin. Let cool.
3. Add liquid or infant cereal to make mixture as thin or thick as baby likes.

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

## Peanut Recipe #2 Creamy Peanut Butter Puree

(contains 2 grams of peanut protein)



### Directions:

1. Measure 2 teaspoons of creamy peanut butter.
2. Add 2-3 tablespoons of pureed fruit or vegetable that your infant has eaten before to the peanut butter.
3. Adjust the amount of puree to ensure baby ingests adequate peanut protein.

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

Visit [FoodAllergyPrevention.org](https://www.FoodAllergyPrevention.org) for more information on how to stop a food allergy before it starts.