



Ready for solid foods

A guide to starting solids



Let the feeding journey begin!

Around the middle of their first year of life, babies need iron from the foods they eat — especially when they are breastfeeding. Iron-fortified baby cereal and baby meats help provide this important nutrient that supports your baby's healthy growth and brain development.

When is your baby ready for solid foods?

- ✓ Has good head control
- ✓ Brings objects to their mouth
- ✓ Sits up with help or support
- ✓ Seems interested in your food

The American Academy of Pediatrics recommends exclusive breastfeeding for about the first 6 months of age. Do not offer foods before 4 months, but waiting until after 6 months is also not recommended. Most babies are ready around 6 months. Talk with your pediatrician to be sure your child is developmentally ready before starting solid foods.

Tips for a successful first solid food experience

For those first attempts at eating, pick a time of day when your baby is in good spirits, wide awake, and mildly hungry. You can give some breastmilk or formula before solids so they're not uncomfortably hungry.

Make sure your baby is sitting up and secured in a feeding or high chair. Use a soft, rubber-tipped spoon. Start by guiding the spoon to their mouth with your hand and your baby's hand together on the spoon.

Your baby's first tries at swallowing solid foods may be awkward and they may need practice. If food is rejected, offer a few more spoonfuls. Enjoy seeing your baby learn something new: how to eat solid foods.

Starting Solids Game Plan for Supported Sitters 4–6 Months

First days:

When mixing cereal for your baby's first feeding, mix 1 Tbsp. cereal with 4–5 Tbsp. of breastmilk or infant formula. This familiar taste helps your baby accept the new taste of cereal.



Iron-fortified baby cereal supports baby's healthy growth and brain development. Start with a plain grain baby cereal:

- Oatmeal Cereal
- Whole Wheat Cereal

After a few days:

Introduce 1 new food from any food group — the order doesn't matter. Check for allergies by waiting about 3 days to watch for any reactions. Increase the amount of food gradually, to allow your baby time to learn how to swallow solids.



Continue cereal and add fruits and vegetables:

- Apple
- Banana
- Carrot
- Pea
- Squash
- Sweet Potato

In the following weeks:

Introducing a variety of foods is key to expose your baby to new tastes, flavors, and textures. During this time it is no longer necessary to avoid foods with allergens for most infants. Talk to your pediatrician about how to introduce common food allergens. It may take up to 10 tries for your little one to enjoy a new food. Don't give up, and always introduce new foods with a smile and a happy voice!



You may be offering solid foods 2–3 times each day.

Mix infant cereal into your baby's favorite purees for a new, thicker texture as they progress.

Special instructions: