



Getting a Solid Start



Baby's **1**ST FOODS®

Babies grow and develop at different rates. At a certain point in their growth, breast milk and formula won't supply all of the nutrients and calories babies need. You'll know when your baby's ready for solid food when baby:

- Doubles birth weight and weighs at least 13 pounds.
- Seems hungry after 8 to 10 breast feedings a day or drinks 32 ounces of formula a day.
- Pushes self up with straight elbows, when lying on tummy.
- Sits with help and has control of head movements.

Between now and the next checkup, start feeding your baby some of the single-ingredient baby foods listed below. Here are some basic guidelines:

- ✓ Add only one new food at a time.
- ✓ Feed new food 3 to 5 days in a row before starting another one (to see how the food agrees with your baby and to help baby learn to enjoy each new food).
- ✓ You can repeat a food already given.
- ✓ Start a new food in the morning; if it doesn't agree with your baby, you'll know before bedtime.
- ✓ Introduce 1 tablespoon single-grain cereal, mixed with 4 tablespoons breast milk, formula, or water. Decrease the amount of fluid as baby gets used to consistency.

Single-Grain Cereals

- Day 1** 1 tablespoon plus mother's milk, formula, or water
- Day 2** 2 tablespoons plus mother's milk, formula, or water
- Day 3** 3 tablespoons plus mother's milk, formula, or water
- Day 4+** 4 tablespoons per serving

Single Vegetables*

- Day 1** 1/2 jar
- Day 2** 1/2 jar
- Day 3** 1/2 jar
- Day 4+** 1 jar

Single Fruits*

- Day 1** 1/2 jar
- Day 2** 1/2 jar
- Day 3** 1/2 jar
- Day 4+** 1 jar

100% Infant Juices

- Day 1** 1 fluid ounce
- Day 2** 1-1/2 fluid ounces
- Day 3** 1-3/4 fluid ounces
- Day 4+** At least 2 fluid ounces, but most babies enjoy a full 4-ounce container

Food Varieties

- _____ Barley Cereal
- _____ Oatmeal
- _____ Rice Cereal

- _____ Carrots
- _____ Green Beans
- _____ Peas
- _____ Potatoes
- _____ Squash
- _____ Sweet Potatoes

- _____ Applesauce
- _____ Bananas
- _____ Peaches
- _____ Pears
- _____ Prunes

- _____ Apple juice
- _____ Pear juice
- _____ White grape juice

*2.5 ounce-jar portions

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SPECIAL INSTRUCTIONS