

# SOLID FOOD INTRODUCTION

4 months	6 months	9 months	1 year	2 years	3 years
Stage 1 foods (pureed)	Stage 2 foods (strained)	Stage 3 foods (mashed with chunks)	Table food	Nuts	Seafood
	May be combined	Sippy cup	Cow's milk, eggs		
		Puffs, pastas, crackers, cheese	Water		

**IMPORTANT:** Food must be fed solo for the first 4 days. This is in case there is an allergic reaction, than we are able to identify which food the baby had a reaction to.

**IF YOU THINK THE BABY HAS HAD AN ALLERGIC REACTION:** stop the food and wait until symptoms subside. Reintroduce a food the child has already tried without issue. You may attempt to offer that food again at a later date to see if the allergy has resolved (most children grow out of food allergies).

- Symptoms of allergic reaction (ranges from simple to complex): runny nose, sneezing, rash, lip swelling, face swelling, blood in stool)

**IF YOU THINK THE BABY DISLIKES THE FOOD:** an unhappy face or spitting out the food does not always indicate a distaste for a particular food. As the baby tries new tastes and textures, they will need time to become used to it. It may take 10 attempts or more before it is decided that the baby does not like a particular food.

## GRAINS:

- Give at breakfast time
- **FEED FROM A SPOON!** Chewing is an important thing to learn and helps to strengthen the muscles that aid in speaking.
- *Day 1:* start with 1 tbsp rice cereal mixed with 4-5 tbsp of breastmilk/formula at breakfast. Then feed baby the rest of their usual amount of milk.
- *Day 2:* 2 tbsp rice cereal mixed 4-5 tbsp breastmilk/formula. Feed baby the rest of their usual amount of milk.
- *Day 3 and 4:* repeat day 2
- Now do the same with oatmeal and barley (NOTE: barley is sometimes difficult to find in store. If this is the case, you may give a mixed cereal so as long as the baby hasn't shown any allergies to any other cereals).
- If the baby is continuing to drink at least 7-oz of milk after having a cereal, you may increase the amount of cereal by 1 tbsp at a time.
- Once you have introduced all cereals, you may continue feeding the baby cereals for breakfast on a daily basis, and move on to vegetables.

1 tablespoon = 3 teaspoons  
 2 tablespoons = 1 ounce

## VEGETABLES:

- Give at lunch time
- It is recommended to start with light vegetables and move towards the darker one.
- *Day 1 and 2:* Offer 1 tbsp of the pureed vegetable (whether it is from a jar or if you are making it at home, the quantity is the same).
- *Day 3:* Offer 2 tablespoons
- *Day 4:* Offer 2 ounces.
- If no reaction, you may move on to the next food. Repeat this process with each vegetable.
- Make sure to top the baby off with breastmilk/formula after giving the food.
- Again, if the baby is still drinking 7 oz of milk or more after a food serving, you may increase the amount of solids little by little.
- Once you finish all of the vegetables, your day of solid meals for the infant should look like this:
  - o Breakfast – cereal topped off with breastmilk/formula
  - o Midmorning – breastmilk/formula
  - o Lunch – vegetable topped off with breastmilk/formula
  - o Midafternoon – breastmilk/formula
  - o Dinner – vegetable topped off with breastmilk/formula
  - o Nighttime – breastmilk/formula
  - o Total milk intake should be around 26-30 oz per day at this point
- Once this routine is established, you may move on to the proteins (meats).

## PROTEINS:

- Introduce at lunch before the veggie.
- Some stage 1 meats may be difficult to find in the store. Don't be afraid to make your own! Just add some salt.
- If you are going to give a combination protein (a stage 2), make sure that you have introduced at least one of those things to the baby before giving the combination, so that we may pinpoint the cause if the baby develops an allergic reaction
  - o **OF NOTE:** sometimes the combination is a meat and veggie. If this is the case, and the baby hasn't had a reaction to the veggie in the mixture, then you may give this
- *Day 1 and 2:* Offer 1 tbsp
- *Day 3:* Offer 2 tablespoons
- *Day 4:* Offer 2 ounces
- If no reaction, you may move on to the next meat. Repeat this process with each meat
- Once you finish all of the meats, your ~~day of~~ solid meals should look like this:
  - o Breakfast – cereal topped off with breastmilk/formula
  - o Midmorning – breastmilk/formula
  - o Lunch – meat and veggie topped off with breastmilk/formula
  - o Midafternoon – breastmilk/formula
  - o Dinner – meat and veggie topped off with breastmilk/formula
  - o Nighttime – breastmilk/formula



## FRUITS:

- It is asked that we introduce fruits last because they are naturally sweet and there is usually no issue with introducing fruits. So we prefer the baby to have been exposed to all vegetables and proteins before introducing the fruits.
- At this point, you may need to move onto stage 2 foods depending on baby's age.
- Fruits will be added in as snacks during midmorning for now.
- Fruits are introduced from lighter fruits to darker ones.
- Introduce the fruits in the same manner that you did for veggies and proteins
  - o Day 1 and 2: Offer 1 tablespoon
  - o Day 3: Offer 2 tablespoons
  - o Day 4: Offer 3 tablespoons
- If no reaction, you can move on to the next fruit. Repeat this process with each fruit.
- Once you finish introducing all of the fruits, you **can add it for the midafternoon snack** as well.
- The baby's solid meals should look like this at this point:
  - o Breakfast – cereal topped off with breastmilk/formula
  - o Midmorning – fruit
  - o Lunch – meat and veggie topped off with breastmilk/formula/juice
  - o Midafternoon – fruit
  - o Dinner – meat and veggie topped off with breastmilk/formula/juice
- You may also introduce fruit juices once the fruits have been introduced. Again begin with lighter juices to darker ones.
  - o This would act as a substitute for the milk.
  - o Milk should be at about 18-20 ounces/day at this point.

	Tried It			Liked It	Disliked It	Allergic
<b>GRAINS</b>						
Rice cereal						
Oatmeal						
Barley						
	<b>STAGES</b>					
<b>VEGETABLES</b>	1	2	3			
Cauliflower						
Parsnips						
Corn						
Potatoes						
Sweet potatoes						
Carrots						
Squash						
Brussel sprouts						
Asparagus						
Zucchini						
Peas						
Green beans						
Spinach						
<b>PROTEINS</b>	1	2	3			
Chicken						
Turkey						
Ham						
Beef						
Veal						
Beans						
<b>FRUIT</b>	1	2	3			
Apples/applesauce						
Pears						
Bananas						
Peaches						
Mangos						
Plums						
Prunes						
<b>EGGS</b>						
Yolk						
Whites						
<p align="center"><b>THIS IS NOT AN EXHAUSTIVE LIST OF OPTIONS.</b>  <b>YOU MAY INTRODUCE WHICHEVER ONES YOU WISH.</b></p>						