

Transition Your Baby to Solid Foods

- Most babies can be fed strained/pureed foods at 6 months of age. (If they are developmentally ready).
Signs your baby is ready:
 - They have good head control
 - They can sit up on their own
 - They express an interest in food
- To feed, use a baby spoon with a long handle. Put a small amount of food on the tip of the spoon. Place the food on the middle of the baby's tongue. It may take some time for baby to learn to get solid food from the front of the mouth to the back to swallow.
- Start baby on single ingredient iron fortified cereal first. To make cereal, mix 1 tablespoon cereal with breast milk or formula to get a very thin consistency. As your baby gets older, decrease the amount of liquid for thicker texture (1-2 Tbsp).
- When your baby is eating cereal well, start plain, strained/pureed meats. Then progress to strained/pureed (vegetables or fruits). Add one new food at a time. **Wait 3-5 days before trying a new food** to watch for any possible allergy problems.
- Always buy single ingredient foods when trying new foods. **Avoid fruit desserts and mixed dinners that have added sugars and starches.**
- Begin all new foods in small amounts (1-3 teaspoons). Increase to the serving for age.
- Try to give each new food without showing your dislikes for an item. If your baby refuses an item, *try tasting it yourself with an enjoyable face*, whether it is your favorite or not.
- *Baby may refuse new tastes and textures.* This is normal and these foods should be retried a few days later. It can sometimes take up to 10-15 times before a baby accepts a new food.
- **Do not force feed your baby** as this may make the baby not want to spoon feed.
- Don't put baby food in a baby feeder or bottle. Babies need to spoon feed to help with talking later on.



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- Before you buy commercial baby food, check the "best when used by" date on the package. Also, make sure the label is smooth, the package is in good condition, and the vacuum seal button is down.
- Measure out the portion of baby food into a clean bowl. Refrigerate the rest of the container immediately. Do not feed from the container because this can lead to contamination and waste of any leftover baby food. *You can safely keep the opened container in the refrigerator for 1 to 2 days.*
- If you believe your baby has an allergic reaction to a food, such as diarrhea, rash, or vomiting, talk with your child's doctor about the best choices for the diet.
- Within a few months of starting solid foods, your baby's daily diet should include a variety of foods, such as breast milk, formula, or both; meats; cereal; vegetables; fruits; eggs; and fish. **Healthy fats** such as avocado are also okay.
- The American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for the first 6 months. Infants need either breast milk or infant formula until 12 months. Cow's milk and honey are not recommended for infants under 12 months of age. *Do not give fruit juice to babies under 12 months of age.*