

For the first 6 months, your baby only needs breast milk or iron-fortified formula.



- Breast milk or formula should be the **only** foods fed in a bottle if you use a bottle to feed your baby.



- Don't put your baby to sleep with a bottle or prop a bottle while feeding. This can cause cavities later or cause your baby to eat too much.



- Do **NOT** put juice, other drinks, cereal or other food in your baby's bottle.
- Cereal in a bottle will not help your baby sleep. It could cause choking. It may also prevent your baby from getting all of the benefits from the milk or formula.



### Your baby may be ready for solid foods between 4 and 6 months if they are able to:

- sit well with little support,
- have good head control, and
- munch and swallow.



### Your baby may NOT be ready for solid food if they:

- push solid food out with their tongue or,
- gag when a spoon or food is placed in their mouth.



### When your baby is ready to eat solid foods:

- You can give 1 to 2 teaspoons of iron and zinc fortified baby cereals **OR** 1 to 2 ounces of pureed or mashed meats per day as first foods.
- There is no order for other solid foods, but the earlier vegetables are given, the more likely your baby will eat them.



1 ounce = golf ball size amount of food

Do NOT give your baby the following before he/she turns 1 year old:



- Honey - it can cause an illness called botulism



- Fruit juice or any sweetened beverages (fruit drinks, flavored drinks, sports drinks, sweet tea or others) - these have extra calories with low nutrition and may cause cavities



- Cow's milk - it may cause bleeding in the gut



- Plant-based milk drinks (soy, rice, or almond milk) or flavored milk powder - these are not designed to meet your baby's nutrition needs

- Nuts, grapes, popcorn, hot dogs, or hard candy – **these can cause choking**



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## Peanut information for your baby:

- You can give your baby foods made with peanuts depending on his/her risk of food allergies.
- This depends on if your child has eczema (skin condition).
- Ask your child's doctor if you are unsure.



- Peanuts or nuts by themselves are a choking risk. They should not be given to a baby.



- When peanut butter is given, it should be smooth (no peanuts or chunky).



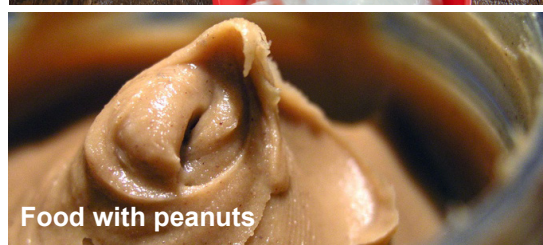
- It should also be mixed with a puree or given with another food to avoid choking.



**Some foods such as dairy\*, food with peanuts, eggs, soy, wheat, fish and shellfish may cause allergies.**



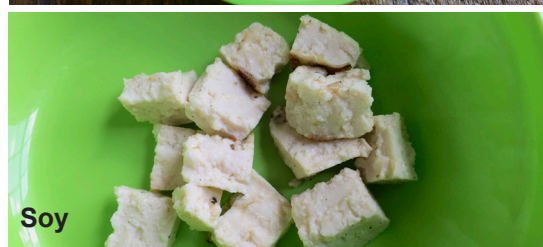
Dairy



Food with peanuts



Eggs



Soy



Wheat



Fish



Shellfish

These can be given to your baby one at a time after he/she has started eating solid food with no problems (after 4-6 months of age).

- If you or the baby's other parent has a food allergy, talk to a doctor about any steps you need to take before giving any of these foods.
- The first taste of these foods should be at home. If no reaction occurs, you can increase the amount of one new food every 3 to 5 days.
- Seek medical care right away if your child has signs of a food allergy. The signs may be a skin rash, trouble breathing, nausea, vomiting or loose stools after eating.

\*Cow's milk should not be given until after age 1.