



The WHAT, WHEN and HOW MUCH of **BABY FOOD**

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FOOD FOR INFANTS..

NO SOLID FOODS BEFORE 3 MONTHS!

- Your baby should not be fed solids too early.
- Babies don't need them before 3 months of age. Feeding solids too early . . .
- Costs more and is a waste of money.
- Can cause allergies for baby and frustrations for mother.
- Can result in overfeeding and obesity.
- Doesn't help baby sleep through the night.

BY 6 MONTHS

At 6 months your baby needs the calories and nutrients in other foods in addition to milk. It is important for your baby to learn about spoons, cups and the different tastes and textures of foods.

BIRTH-12 MONTHS

BREAST MILK OR FORMULA

3-6 MONTHS

START CEREALS

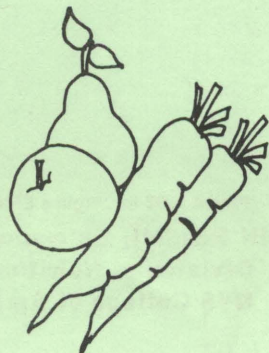
Buy cereal in boxes, not jars. Use rice, then oatmeal and barley.



4-6 MONTHS

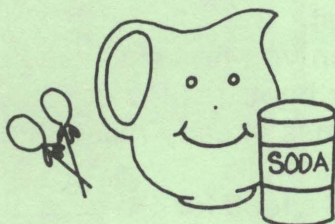
VEGETABLES, FRUITS, AND JUICES

Use real fruit juice, not drinks or soda. Feed single fruits or vegetables, not mixtures. Strain and mash homemade vegetables or fruits well.



WHAT?...WHEN?

Sugary desserts, Candy, Soda Pop and Fruit Drinks contain few nutrients and are **NOT GOOD** for your baby's weight or teeth!



5-6 MONTHS

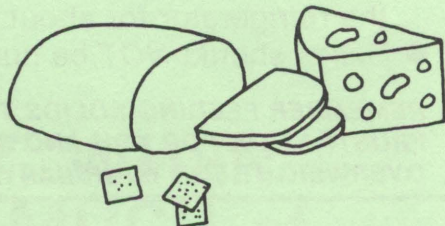
START STRAINED MEATS

Use single main foods only. Combination dinners and soups contain less iron and protein.



6-9 MONTHS

TEETHING CRACKERS, BREAD, CHEESE.



7-9 MONTHS

START TABLE FOODS, EGG YOLK

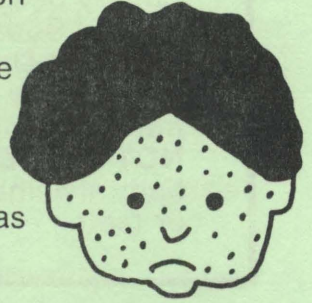
Finely chopped. Remove skins and fat. Avoid hard to chew foods like nuts and corn.



FOOD FOR INFANTS . . .

HOW MUCH?

- Your baby is the best judge of how much to eat.
- When you first start feeding solids give your baby 1-2 tablespoons after he or she has already had some formula or breast milk.
- Feed a food for 4-5 days. If your baby has a reaction (hives, vomiting, diarrhea) stop feeding that food and tell your doctor.



4-6 MONTHS

2-3 *tablespoons of solids at each* of 4-5 feedings.

6-9 MONTHS

6-7 *tablespoons of various solids at each* of 3-4 feedings.

9-12 MONTHS

7-10 *tablespoons of various solids at each* of 3-4 feedings.

- Solid foods should be fed from a small dish - not too hot or too cold. Throw away leftovers.
- The food that is left in the jar can be stored in the refrigerator for about 2 days.
- Solids should *NOT* be put in the bottle.

REMEMBER FEEDING SOLIDS TOO EARLY CAN RESULT IN FRUSTRATION FOR YOU AND DIGESTIVE UPSETS AND OVERWEIGHT FOR YOUR BABY.

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