

INTRODUCTION OF SOLIDS

MAY START SOLID FOODS ANYTIME AFTER 4 MONTHS OF AGE.

KEY CONCEPTS:

- 1) **BE GRADUAL**. (MAY INTRODUCE ONE NEW FOOD EVERY 2 DAYS; NOT 3-4 NEW FOODS IN ONE DAY)

SAMPLE PROGRESSION: **RICE OR OATMEAL CEREAL** MIXED WITH BREAST MILK OR FORMULA TO THIN CONSISTENCY FIRST—AFTER CEREALS, CONSIDER TRANSITION TO **VEGGIES** (TYPICALLY LEAST SWEET TO MOST SWEET: GREEN THEN YELLOW THEN ORANGE)—FINALLY PROGRESS TO **FRUITS** AFTER CEREALS AND VEGETABLES. MAY BEGIN WITH GERBER #1 OR #2 (OR HOME-MADE OPTIONS) AS LONG AS CONSISTENCY WELL TOLERATED. (MEATS AND CHUNKIER GERBER #3 SHOULD BE AROUND 9-10 MONTHS OF AGE)

- 2) **ENJOY THE PROCESS**—HAVE FUN: DO NOT NEED TO FOCUS ON A CERTAIN AMOUNT OF SOLIDS OR NUMBER OF FEEDING TIMES IN ONE DAY AS MILK WILL REMAIN NUMBER ONE CALORIE SOURCE UNTIL ONE YEAR OF AGE; INSTEAD FOCUS ON USING SOLID-FOOD FEEDING TIMES AS PRACTICE FOR THE MOUTH AND TONGUE IN REGARD TO NEW CONSISTENCIES. ALSO, TASTE BUD DEVELOPMENT OCCURS BETWEEN 6MO-2YRS OF AGE. THIS IS A KEY TIME TO IMPROVE “HEALTHY TASTES”: HOMEMADE BABYFOOD WITH A FOOD PROCESSOR IS A GOOD IDEA.