



Sage Hill Pediatrics

FAMILY WELLNESS WITH A PERSONAL TOUCH

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INTRODUCING BABY FOODS

4 Months

Whole-grain cereal Choose a whole-grain cereal (rice, barley, or oatmeal). Mix with breastmilk or formula, and introduce gradually.

- *Day 1:* Two teaspoons
- *Day 2:* One tablespoon
- *Day 3:* Two tablespoons
- *Day 4:* Three tablespoons
- *Day 5:* Four tablespoons

⇒ Some babies take to spoon-feeding right away, but most need some time to learn how. For a variety of reasons, we don't recommend going faster than this, but if your baby needs to go more slowly, that's fine.

Greens After your baby tolerates a whole-grain food, start adding greens. We suggest the following order.

- *Peas*
- *Green beans*
- *Squash or Zucchini*
- *Avocado*

Reds Red vegetables (carrots and sweet potatoes) are sweet. Save them for last.

⇒ Give one new food at a time, then watch and wait. After 2 - 3 days, if you haven't seen any reactions (eg. eczema, striking increase in fussiness, marked increase in reflux), it's safe to move on to the next one.

⇒ At this stage, you should offer baby-food once a day.

5 Months

Fruit Begin adding pureed fruits, such as applesauce, bananas, pears, peaches, and prunes if needed.

⇒ Fruits should have no added sugars, and they should not be soaked in fruit juice.

⇒ Do not serve fruit skins.

6 Months

Milk Products At this point, you may add whole-milk-plain yogurt.

⇒ Yogurt is not a necessary part of a baby's diet.

⇒ Steer clear of flavored yogurts, which have added sweeteners.

7 Months

Protein You may add ground or shredded poultry and beef to the diet. Soy products are fine, in moderation.

⇒ Your baby should be eating at least 2 times per day.

⇒ To encourage a better appetite, offer food before nursing or bottle-feeding.

⇒ Over the course of the day, be sure to give vegetables, fruits, and whole-grains.

⇒ There is no need for beef. If the meat does not require chewing, small amounts are not dangerous. Generally, you should limit the amount of red meat in your baby's diet – and in your own, as well.

8 Months

Finger Foods Add finger foods, and let your baby start to experiment with feeding him- or herself. Cheerios, dried yogurt chips or teething biscuits are good starters. Expand fruits and vegetables.

9 Months

Start introducing a cup. You may also introduce pasta and eggs. Continue giving vegetables, fruits, and whole-grain cereals every day.

⇒ 9-month olds should eat 3 meals per day.

12 Months

Switch from formula to whole cow's milk. You may also introduce fish.

⇒ Albacore Tuna has a high mercury content. Safer fish include salmon, tilapia, cod, catfish, shrimp, flounder, trout, and herring. Canned light tuna is safer than albacore, but should still be avoided at this sensitive stage of brain development.

⇒ If your baby is still breastfeeding at least 2 times per day, there is no need for cow's milk or any milk products (eg. cheese, cottage cheese). Small amounts are acceptable, but you should give small amounts, and no more than once a day.

Honey Because it's not pasteurized, honey can carry botulinum toxin (the cause of Infant Botulism). After age 12 months, the risk of infant botulism is significantly decreased, and it's considered safe for babies to ingest small amounts of honey.