

**NEEDHAM PEDIATRICS  
DR. STERN**

**FEEDING ADVICE FOR 4-6 MONTHS OF AGE**

**CEREALS:** You may begin to introduce solid foods at any time during the next two months. Start with the single-grain, iron fortified cereals (rice, barley, oatmeal). Try each new cereal for 3-4 days before starting another one.

Start with 1 teaspoon of dry cereal and mix with 1 ounce of formula or breast milk per day. Increase the dry cereal to 3 tablespoons once and then twice per day. It will take the baby a few days to get used to the consistency.

**VEGETABLES:** Vegetables (strained) should be offered after cereal. Start with the orange vegetables (carrots, squash, sweet potatoes) and advance to the green vegetables (peas, green beans). Try one for 3-4 days before starting the next.

**FRUITS:** Fruits may be added after vegetables. Start with bananas, applesauce, pears, apricots, peaches or plums. Avoid berries until 12 months.

When introducing vegetables and fruits, start with 1-3 teaspoons per day and advance to 4 tablespoons per meal. Place a small amount of food on the spoon and then half way back on the infants tongue.

**SPECIAL NOTES:** Never add sugar, honey, syrup or salt to the baby's food for the first year.

Mealtimes will be messy. Remember to enjoy the experience and not let it become an intense battle.

\*Mothers that are breastfeeding should delay the introduction of solid foods until infants are 5-6 months of age.

**SAMPLE 6 MONTH MEAL SCHEDULE**

**MORNING:** Breast milk/formula 5-6 ounces, cereal 3-5 tablespoons  
**SNACK:** Breast milk/formula  
**LUNCH:** Strained vegetables 4 tablespoons  
**DINNER:** Breast milk/formula, cereal 3-5 tablespoons, strained fruit 4 tablespoons  
**BEDTIME:** Breast milk/formula