

4 Months Single grain cereal mixed with breast milk or formula.  
1-3 tablespoons of cereal in the morning and evening (over the next 2 months this will increase significantly, often to 5-8 tablespoons of cereal).  
Once cereal is well received, add single foods. Wait 3 days between new foods.  
Try "First Foods" or "Stage One" fruits and vegetables and other cereals.  
Start with 1/4-1/2 of a 4 ounce jar per serving, increasing to the full jar over time.  
Increase the volume of solid foods as desired by your infant and follow with nursing or a bottle.

**TO INSURE GOOD NUTRITION AND HEALTHY HABITS FOR LIFE,  
DO NOT INTRODUCE JUICE!**

5-6 Months Add Lunch. Meat and poultry-strained or table meats in the food processor or you may wait to use as finger foods at 7-8 months.

6 Months Begin to use a cup with breast milk, formula or water.  
Note: if your child is using a "sippy cup" the liquid contents should flow (but not flood) from the spout readily with just tipping the cup. The valve may need to be removed.

7 Months Try Cheerios. When taken well, offer appropriately textured table foods.  
Consider soft meats and poultry.

8-10 Months Introduce dairy products-including shredded cheese, cottage cheese and yogurt.  
Limiting the frequency of yogurt is recommended so it does not become a staple in the toddler's diet.

12 Months When all food groups are in the diet, you may add: whole milk.  
Continue "baby" cereals as long as the child is willing; it's an excellent source of iron.

2 Years Change whole milk to low fat or 1%

**\*\*SPECIAL FOODS\*\***

**Honey:** Avoid Until One Year

**Nuts:** Nut products, including tree nuts and peanuts, are no longer restricted except as a choking hazard.

**Firm + Round:** During toddler years, always beware of choking foods including apples, nuts, raisins, hot dogs, carrots, grapes, popcorn, etc....

-If there is a past history or family history of food allergies or sensitivities, be sure to consult/discuss this with Dr. Brown.

-Healthy habits start early: Try to have all meals and snacks at set places and times rather than on the go. Offer real food seasoned for adults (but without added salt) to minimize pickiness later.

**AND REMEMBER --- NO JUICE!!**

14<sup>nd</sup> ed. FW  
**JAB**

Needham Pediatrics  
**Dr. Jane A. Brown's Advice for Feeding**

**Sample Meals:** (offer breastfeeding or a bottle alongside solids)

- 4 Months:            Breakfast --- Cereal  
                             Dinner --- Cereal
- 4-5 Months:        Breakfast --- Cereal, Fruit  
                             Dinner --- Cereal, Vegetable, Fruit
- 5-6 Months:        Breakfast --- Cereal, Fruit  
                             Lunch --- Vegetable, Fruit  
                             Dinner --- Meat (or Cereal), Vegetable, Fruit

-Note: Delaying introduction of solids until after 6 months may be associated with decreased progression of oral motor function and difficulty accepting solid foods.

-If your infant (or child) takes less than 24-32 ounces of formula or milk then supplement with one dropper (400 IU) of vitamin D.

