

Needham Pediatrics
Feeding Advice Age 6 months
Dr. Rosin

This is a transitional time to progress from strained, pureed foods to soft, mashable table foods.

AGE 6 MONTHS

1. Switch all strained (Stage 1) foods to Junior (Stage 2) foods.
2. Jello, vanilla ice cream, vanilla pudding, YoBaby yogurt
3. Toast, crackers, cookies – only when your child is sitting upright
4. Citrus juices – orange and grapefruit – strain away all pulp

AGE 7 MONTHS

1. Cooked cereals – oatmeal, Cream of Wheat, Farina
2. Mashed table vegetables – potatoes, cooked carrots
3. Pastina, mashed cooked noodles

AGE 8 TO 9 MONTHS

1. Soups – mash meats, vegetables, noodles, rice with broth
2. Soft sandwich pieces – grilled cheese, peanut butter/jelly
If there is a family history of food allergies, you may want to delay adding peanut butter until after 1 year of age. If there is a family history of peanut allergy, avoid peanut butter until after 3 years of age.
3. Plain yogurt – no berries
4. Cheerios, Rice Krispies, Kix, Fruit Loops, etc.
5. Whole milk- begin 7-10 days prior to your 9 month appointment. Substitute One bottle for 2 days, advance as tolerated. Few children will not tolerate Whole milk before 1 year of age.

OTHER INSTRUCTIONS

A transition to exclusive table foods and exclusive cup drinking at 12 months is our anticipated goal.

1. Chocolate, eggs, and raw honey are **restricted** until after one year of age.
2. Begin use of sippy cup for small portions of juice, water and formula
3. Tylenol usage
4. Vitamins