



# DESERT GROVE

## Family Medical

Specializing in the HEALTH of Your Family!

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### SOLID FOOD PROGRAM FOR CHILDREN

Infants do not nutritionally require solid foods until 4-6 months of age. **Regardless of the order of solid food addition, care should be taken to add only one new food for a period of 7 days before moving on to another food so that individual sensitivities and intolerances can be quickly recognized.** These symptoms could be vomiting, diarrhea, colic, and skin rash. If you recognize these symptoms the new food should be discontinued. A general plan for adding solid foods is as follows:

1. When your baby is 4-6 months old, you may begin rice cereal 1-2 times per day. Start with 1-2 teaspoons and work up to 3-5 tablespoons in the morning and evening. Do not use mixed, wheat or high protein cereal in the first year of life.
2. After all of the cereals have been added, begin yellow vegetables (carrots, squash, sweet potatoes, etc). You may use the strained "baby" foods or prepare the foods yourself. If you prepare them, they should be cooked without added salt. After all the yellow vegetables are added, begin with the green ones. Start with 1/3 to 1/2 jar of vegetable twice a day in addition to the cereal.
3. After all vegetables are included in the diet, begin adding 1/3-1/2 jar of fruits, one by one, beginning with applesauce, then banana, then pear, etc. When fruits are added, the baby may be placed on 3 meals a day with a cereal and a fruit for breakfast, a fruit and a vegetable for lunch and a vegetable and cereal for dinner. If your baby does not like a food, retry it in a couple of weeks. Baby's taste change on a regular basis at this age.
4. At 6 months, in place of or in addition to cereal, meats or vegetable dinners may be started at the evening meal (first beef, then lamb, then chicken etc). At this point all the basic food groups have been started. Meal planning should be similar in time and content to the usual family meals.
5. Parents should be in no hurry to add citrus juices to their baby's diet because of the frequency of associated skin rashes, high calorie content and relative low nutritional value. Discuss with your doctor when and if juice should be started and at what quantity.
6. Because teething begins around 6 months, this is an ideal time to start with finger food (Cheerios, graham crackers, etc). These foods make good snacks for those babies who are teething.
7. If no milk allergy exists, dairy products (cheese, yogurt, cottage cheese) may also be given at 6 months. Discuss with your doctor if this is right for your baby.
8. Junior foods or foods prepared at home with the consistency of junior foods should be started at approximately 8-9 months regardless of the number of teeth.
9. By the age of 1 year, infants should be predominantly on soft table foods. Never feed your baby foods he or she may choke on (peanuts, popcorn, pretzels, grapes, hot dogs, uncooked vegetables).

The feeding experience should be a positive one. Please talk to your doctor if you have any concerns.

Appointments available Monday – Friday 8:00am to 5:00pm with Evenings & Saturday

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