

### **\*\*Cereal Instructions\*\***



Start with 2 tbsp of Oatmeal and mix it with approximately 1.5 oz. of formula until you get an applesauce consistency.  
-Do this twice a day, for a week.  
-After a week of the Oatmeal, switch to mixed grain (using the same instructions as the Oatmeal)

### **\*\*Vegetable & Fruit Instructions\*\***

-Introducing vegetables: Start with ½ a jar of food approximately 1 ounce twice a day with their cereal. Introduce yellow vegetables first such as squash. Then, switch to orange vegetables such as carrots and sweet potatoes. Lastly, introduce green vegetables such as green beans and peas. When introducing a new vegetable it is important to stick with the same vegetable for at least 4 days before switching to a new one.



-Introducing Fruit: After completing the introduction of vegetables it is okay to introduce fruits. Start with ½ a jar of food approximately 1 ounce twice a day. We recommend to do some fruit with their cereal in the morning and fruit in the afternoon and a vegetable with dinner. When introducing fruit it is important to stick with the same fruit for at least 4 days before switching to a new one. Avoid exotic and citrus fruits and stick with basic fruits such as apples, pear, peaches and bananas.

After Fruits you may start Meats; Chicken, Turkey and Beef

When starting meats increase to 3 meals a day:

Breakfast (Cereal with fruit)

Lunch (protein with veggie or fruit)

Dinner (protein with veggie)

### **\*\*Allergy Foods\*\***

#### 1)Eggs

- Start by introducing scrambled eggs. Make sure they are smushable and cut into small pieces so the baby can pick them up with their fingers to put into their mouth.
- Do this for 3 days.
- Watch for any rashes or vomiting.

#### 2)Peanut Butter

- Apply a small amount to the bare skin on the top part of the baby's back.
- Leave it there for 10-15 minutes.
- Watch for red rash/hives. If that appears, **DO NOT** feed the peanut butter to the baby.
- If no rash/hives then have the baby lick the peanut butter off your finger or do a PB powder mixed with fruit for at least 1 week.

#### 3)Yogurt

- Give 1/2oz twice a day for 3 days.
- Watch for any rashes or vomiting.

#### 4)Fish

- May try white fish such as salmon, cod and tuna.
- Watch for any rashes or vomiting



**\*Feel free to contact us with any questions or concerns 732-341-9333\***