



Starting Solid Foods

Babies can usually begin trying solid foods between **4–6 months of age**.

Signs your baby may be ready:

- Good head control when sitting upright
- Opening their mouth when a spoon or food is offered
- Bringing objects to their mouth
- Not consistently pushing food out with their tongue
- Weighing at least 13 pounds
- Until about 12 months old, solids are considered complementary foods—not a primary source of nutrition. Continue to feed your baby formula and/or breast milk regularly.

Ideal first foods include:

- Iron-fortified cereals (oat, barley, multigrain)
- Pureed, mashed, or strained fruits and vegetables
- Meats
- Yogurt and some cheeses

Important Guidelines:

- There is no need to delay introducing “high allergen” foods (such as dairy, eggs, tree nuts, peanuts, and fish) beyond 6 months of age—unless your baby has severe eczema or a strong family history of food allergies.
- Avoid unpasteurized yogurt and cheeses, as well as honey, until your baby is 12 months old.
- Introduce new foods one at a time, waiting 3 to 5 days before trying another to monitor for allergic reactions.
- Start with small portions—1 to 2 tablespoons—and watch for signs of fullness.
- Offer a variety of flavors and textures.
- Avoid choking hazards by ensuring food is soft and cut into small, manageable pieces.

Fluids:

- Babies can begin drinking 4–8 ounces of water per day starting at 6 months.
- Avoid giving juice or any drinks other than water, formula, or breast milk before 12 months, unless advised by your healthcare provider.

For more info:

[HealthyChildren.Org-Starting Solid Foods](https://www.healthychildren.org/Starting-Solid-Foods)

[CDC - Infant and Toddler Nutrition](https://www.cdc.gov/infant/toddler/nutrition)

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