

Food Chart

Start solid foods at four to six months of age. We usually start at four months of age, unless there is a strong family history of allergies. You may wait until six months under these circumstances.

Below is a systematic guide-line for adding solids. Use organic fruit and vegetables if you are going to prepare food at a home.

- Add only one new food at a time.
- Feed new food 5-7 days in a row before starting another new one to see how the food agrees with your baby and to help your baby learn to enjoy each new food.
- Start a new food in the morning; if it does not agree with your baby, you will know before bedtime.
- You can repeat a food already given.
- Introduce 1-2 tablespoons of a single-grain cereal, mixed with 4-8 tablespoons of breast milk, formula or water. Decrease the amount of fluids as the baby gets used to the consistency.

Single Grain Cereals

- Rice
- Oatmeal
- Mixed cereal

Vegetables

- Carrots
- Squash
- Sweet potato
- Green beans
- Peas
- Spinach

Fruit

- Applesauce
- Bananas
- Peaches
- Apricots
- Pears

Schedule at 6 months

Cereal/Fruit = A.M. Meal
Vegetable/Meat = Lunch
Cereal/Fruit or Vegetable or some of both

Start Junior Foods or soft table foods around eight months.

A child will usually finger feed by nine months and start using the spoon by one year of age. The cup may be started at around six months. The bottle should be stopped between twelve and fifteen months to prevent dental decay.

Leave egg, citrus, tomato, wheat, corn, and whole milk out of the diet until after twelve months. By the twelfth month check- up, hemoglobin is done to check for anemia. If the iron level is within the normal range, your pediatrician will switch your child from formula and have you introduce milk. Children must drink whole milk until age two. Then it is acceptable to switch to 2% milk. Cholesterol is not a concern the first two years of life. Adequate fats are needed for brain and body growth.

Meal time should be happy. Do not fret if a child will not eat a particular food. The appetite normally reduces around one year of age. This is due to slow growth. Do not be concerned if your child eats less around this period.

The diet should be slowly progressed until around one year and beyond. A child should be receiving four or more servings of complex carbohydrates per day (rice, cereal, bread, pasta, potato). Fruits and vegetables should be given four to five times daily. Meats should be given once or twice and three servings of dairy per day. Remember, that variety makes for a balanced diet and good nutrition.