



## FOOD INTRODUCTION

Always introduce **one** new kind of food or juice every 4-7 days. This allows time to observe whether the baby will tolerate new foods.

<b>Starting Cereal</b>	When starting cereal, use rice flakes to which you add formula, breast milk, or warm tap water. After rice is tolerated, you may begin barley and oatmeal. Please do not use wheat or mixed cereals.
<b>Starting Vegetables</b>	When starting vegetables, start with yellows first, with the exception of corn, then introduce green vegetables, a new one every 4-7 days. Beets may turn diapers red and may simulate blood in the urine or bowel movements. Avoid corn until after one year of age.
<b>Starting Fruits</b>	Generally, most fruits are tolerated well; but occasionally fruits, such as peaches, may cause skin rashes. Avoid citrus (orange juice, etc.) until after one year of age.
<b>Starting Meats</b>	When buying meats, purchase pure meat rather than the meat dinners, such as beef and macaroni dinner. Strained meat is about 25% protein while meat dinners are about 5% protein, so you can see you obtain more food value in the pure meat jars. When starting meats, begin with the light-colored meats--chicken, turkey, lamb, or veal.
<b>Starting Table Foods</b>	Some forms of table foods can be introduced as early as 6-8 months. Mashed or ground fruits or vegetables, fine curd cottage cheese, and yogurt may be given. We recommend using a blender, food processor, or baby-food grinder to puree unseasoned soft-cooked table foods. By doing this, you may by-pass commercially prepared junior foods, if you wish. (See the food preparation sections of <u>Feed Me, I'm Yours</u> or <u>Mother's Almanac</u> and our guide to Finger Feeding.)
<b>Drinking Juices</b>	Try to limit juices to the morning hours, and no more than 4 ounces a day. Large amounts of juices will dampen appetites and develop improper feeding habits. It's best to dilute juice with equal amounts of water--and PLEASE do not allow juice to become a major part of your child's diet.
<b>Weaning</b>	Try to have your baby off the bottle by 9-12 months. Start introducing the trainer cup at 4 months of age. When you wish to wean from breast, we suggest going straight to a cup (rather than a bottle) if your baby is over 6 months.
<b>Food Consistency</b>	Prior to teeth think "dissolvable"; with 4-8 teeth think "semi-chewable."
<b>Think Nutrition</b>	We recommend the avoidance of desserts, in baby food jars or otherwise. There is no nutritional value in baby food desserts. Also, avoid any non-nutritious foods or sweets, such as soda-pop (Coke, Pepsi, etc. ), tea, candy, or snack foods.
<b>Seasoning Infant Food</b>	It is not necessary to season with salt, pepper, butter, or sugar when you introduce table foods. Using small amounts of seasonings and flavorings is OK, but avoid large amounts of oil, butter, sugar or salt.



### References:

The Mother's Almanac by Margurite Kelly  
Feed Me, I'm Yours by Vickie Lasky