

fourth visit...

6 months

Food for Thought

Which solid food is your baby eating?

How often is your baby being fed solid food?

Is your baby having problems with any food?

How does your baby let you know how much food is enough?

Feeding Advice

Add variety~

Vegetables – Start with plain, strained vegetables (carrots, spinach, squash, peas, green beans). Try one new food at a time and feed the food for 3-4 days to know if your baby can tolerate it. **DO NOT** start with mixed vegetables.

Fruit – Gradually introduce strained fruits (peaches, pears, bananas). Add one new fruit at a time and watch for any reactions. **DO NOT** give fruit desserts.

- If juice is given, it should be 100% fruit juice and no more than 3 oz./day in a cup.

Feeding tips ~

- Always start with vegetables first at every meal.
- Use a spoon and dish, never feed from the jar.
- Your baby may spit out food as a normal response, so offer new foods many times.
- Your baby does not need salt, sugar or margarine/butter added to foods.
- Meal times can be messy, have fun and enjoy family meals!

Your baby's diet ~

- Breastmilk or formula.
- Cereal 2-4 T twice per day.
- Vegetables 2-4 T once per day.
- Fruits 2-4 T once per day.
- Between 7 and 9 months you will introduce strained meats & chicken.
- Continue to offer a variety of fruits & vegetables.

Breastmilk and formula intake will decrease as your baby begins to eat more food. Let your baby decide how much food or breastmilk/formula is enough! Some days your baby will eat more than other days.

Be Active

- Encourage crawling, sitting alone and exploring!
- Screen time (TV, computer, electronic games) not recommended under age 2.

Child's name _____

Height _____ Weight _____ Date _____

Weight for Height percentile _____ %

