

Keep Baby Safe and Healthy

Sample Menu for Baby

Breastfed babies usually nurse six or more times a day. Bottle-fed babies drink about 27 to 32 ounces a day.

6 months

Offer one new food every 3-5 days.

Morning Snack: Mix 1-2 tablespoons pureed meat or baby cereal with 4-5 tablespoons of breast milk or formula.

Afternoon Snack: Mix 1-2 tablespoons pureed meat or baby cereal with 4-5 tablespoons of breast milk or formula.

7-8 months

Add more texture.

Breakfast: Mix 2 tablespoons baby cereal mixed with breast milk or formula to a thicker consistency and add 1 tablespoon pureed or fork-mashed vegetable or fruit.

Lunch: 2 tablespoons pureed or fork-mashed vegetables or fruit, 2 tablespoons yogurt.

Dinner: 2 tablespoons pureed or fork-mashed vegetables, 1-2 tablespoons pureed meat or other protein food (mashed beans, egg, tofu), and 2 tablespoons prepared baby cereal.

Your baby will show you cues of hunger and fullness, and will trust you to respond.

- Avoid foods that can cause baby to choke: raw hard vegetables, large pieces of food, round or coin-shaped foods.
- Babies do not need juice or sweet drinks. These have a lot of sugar and fill baby's tummy.
- Make sure baby is sitting upright to eat. Watch baby closely while eating.
- Only put breast milk, formula or water in the bottle. Do not put food, including baby cereal, in bottle.
- Wean from bottle around 12 months of age.
- Clean gums with a clean, wet, soft cloth after eating or drinking, and before bed.
- Once the first tooth appears, brush with an infant toothbrush in the morning and before bed. Use fluoride toothpaste about the size of a grain of rice.

6 Tips to Get Started

1. Offer solid food after feeding breast milk or formula.

2. Start with about 1-2 teaspoons of food. Give more as your baby wants.

3. Give a food high in iron and zinc, like pureed meat or WIC baby cereal.

4. No need to give food in a certain order.

5. Offer one new single-ingredient food every 3-5 days. Watch for any bad food reactions like rash, diarrhea, vomiting.

6. If your baby becomes upset or won't eat, do not force it. Offer it again at another time.

If your family has food allergies, talk with your doctor and WIC about foods you may want to avoid giving your baby.



What's Next?

9 - 11 months

- Give mashed, chopped and finger foods.
- Offer food five to six times a day: breakfast, lunch and dinner, with snacks in between.

12 months

- Continue to breastfeed as long as you wish.
- Whole cow's milk, soy milk and honey are now okay to give.
- Serve drinks from a cup.



COLORADO
Prevention Services Division
Department of Public Health & Environment

#151 / May 2016

Is my Baby Ready?

Check the box if your baby:

- Is about 6 months old.
- Can sit up alone or with support.
- Holds head steady.
- Opens mouth when sees food coming.
- Closes lips over spoon.
- Can keep food in the mouth and swallow it.

If you checked all boxes it's time to start solid foods!



Ready for Solid Foods

Starting at About 6 Months of Age

Good Foods for Your Baby

Breast milk or formula is a major source of nutrition, even after solid foods are started. As your baby eats more food, she will drink less breast milk or formula.

Fruit

Offer jarred baby food, or make your own. Mash or puree:

- Banana
- Pear
- Apple(sauce)
- Mango
- Peach
- Berries

Fruits

Grains

Add breast milk or formula to baby cereal with added iron and zinc such as:

- Oatmeal
- Rice
- Barley
- Wheat

Grains

Vegetables

Offer jarred baby food, or make your own. Mash or puree:

- Peas
- Broccoli
- Carrots
- Sweet potato
- Pumpkin
- Green beans
- Squash
- Avocado

Vegetables

Protein

Protein

Offer jarred baby food, or make your own. Mash or puree:

- Meat (turkey, beef, chicken, fish)
- Beans
- Tofu
- Eggs
- Cottage cheese

Other ideas

- Plain yogurt
- Thinned creamy peanut butter
- Shredded cheese

Make it plain

- Offer many different foods without added sugar, salt or fat.
- Babies learn to like new foods if offered many times.

Avoid these foods

until your baby turns 1

- Cow's milk or other non-dairy milks (such as soy or almond milk).
- Honey and foods made with honey.



By 7 to 8 months:

- Offer different foods from all food groups daily.
- Try foods with more texture, like fork-mashed foods.
- Offer a cup with small amounts of breast milk, formula or water - about four ounces of water a day.

Your baby will move through 4 stages of foods from 6 to 12 months of age:



1. Smooth: strained or pureed.



2. Mashed: smooth with some tiny lumps.



3. Chopped: more lumps.



4. Pieces of table foods.

Be sure your baby can eat and swallow foods from one stage before moving on to the next.