



# First Foods



## BABY NEWS

Date: \_\_\_\_\_

My Name: \_\_\_\_\_

Today's weight: \_\_\_\_\_ length: \_\_\_\_\_

After today's visit, my goal will be...

\_\_\_\_\_

\_\_\_\_\_

# First Foods You Can Feed Your Baby

## Slowly Start New Foods

- Start with plain, infant rice cereal; it is easier to digest. To avoid allergies, wait until at least 8 months to offer wheat cereal.
- After infant cereal, offer plain, **pureed** vegetables and fruits.
- Offer 1 new food at a time, waiting 7 days between foods.
- When trying new foods, start with a small amount (1-2 teaspoons) of a new food.
- Food should be smooth and runny in texture at first. As your baby gets used to eating solid foods, food may be thicker and lumpier.

**Watch for signs of allergies: skin rash, diarrhea, vomiting, coughing or wheezing, ear infections, stomach pain or gas.**

## Tips for Feeding Your Baby

- Wash your baby's hands before meals.
- Feed your baby when the rest of the family eats. (Offer 1-2 tablespoons of each food.)
- You may begin offering water in a cup with meals (4-8 ounces a day). Ask your doctor about water and fluoride needs.

## Using Store-Bought Baby Food

- Check the expiration date and listen for the lid to "pop."
- Always use a clean spoon to take food out of the jar and put it in a clean dish. This will keep bacteria out of baby's food.
- After feeding baby, throw away any food left in his bowl.
- Throw baby food away within 2 days of opening.

