

INTRODUCING SOLIDS

STARTING AT 6 MONTHS IS A REASONABLE TIME TO INTRODUCE YOUR INFANT TO VARIOUS SOLIDS. AS NOTED BEFORE, FORMULA OR BREAST MILK STILL IS THE PRIMARY SOURCE OF NUTRITION THROUGHOUT THE FIRST YEAR OF LIFE. HOWEVER, NOW IS AN INTERESTING TIME TO EXPOSE YOUR CHILD TO THE VARIOUS TASTES OF SOLIDS AND PREPARE HIM FOR THE TIME WHEN THEY DO BECOME BASIC TO THE DIET. YOU SHOULD ALLOW 2-3 DAYS FOR EACH NEW FOOD BEFORE STARTING ANOTHER.

A LOGICAL SEQUENCE OF SOLIDS TO USE IS AS FOLLOWS:

1. BASIC CEREALS, SINGLE GRAINS, SUCH AS RICE, OATMEAL, BARLEY.
AVOID WHEAT OR MIXED CEREAL.
2. FRUITS
3. YELLOW OR ORANGE VEGETABLES, EXCLUDING CORN.
4. GREEN VEGETABLES.
5. CLEAR JUICES: APPLE, GRAPE, CHERRY.
6. EGG YOLK.
7. MOST OTHER SIMPLE, SINGLE FOODS, VEGETABLES AND MEATS.

FOODS WHICH SHOULD PROBABLY BE AVOIDED FOR THE FIRST 9 MONTHS OF LIFE INCLUDE, CITRUS AND TOMATO PRODUCTS, WHOLE MILK, EGG WHITE, CORN AND CORN PRODUCTS SINCE THEY TEND TO BE MORE ALLERGENIC. IT IS PERFECTLY ALL RIGHT TO USE TABLE FOODS OR BABY OR JUNIOR FOODS AS LONG AS THERE IS ONLY A SINGLE FOOD AND THE CHILD ACCEPTS THE TEXTURE. SALT SHOULD NOT BE ADDED TO ANY FOODS AT THIS AGE.

THIS IS ALSO A GOOD TIME TO INTRODUCE YOUR CHILD TO THE CUP. IF YOU ARE NURSING, IT IS EASIEST TO BYPASS THE BOTTLE COMPLETELY, USING THE CUP FOR JUICES, WATER AND NON-MILK DRINKS. THERE IS NO NEED TO START THESE IF YOU PREFER TO STICK TO NURSING EXCLUSIVELY. IF YOU ARE FORMULA FEEDING, THE BOTTLE IS FINE THROUGH ONE YEAR OF AGE, SO LONG AS YOU REMEMBER NEVER TO PUT YOUR BABY TO BED WITH A BOTTLE. IT IS OFTEN EASIEST TO USE THE CUP INITIALLY FOR JUICES AND OTHER FLUIDS - BEFORE OFFERING FORMULA IN THE CUP.

AS LONG AS YOU REMEMBER THAT BREAST MILK / FORMULA PROVIDES A COMPLETE DIET FOR 1 YEAR, AND THAT THE FOODS ARE FOR EXPERIENCE, NOT NUTRITION, YOU SHOULD HAVE NO PROBLEMS WITH FEEDING OVER THESE NEXT 6 MONTHS.