

Babies and Food Made Easy

Usual timeline:

Birth until teething: Nursing or baby formula only.

Teething until walking: Mashed up baby food only.

Walking until kindergarten: Plain food, no extra sugar or salt, only.

Signs your baby is ready for solid food:

1. Sits up alone
2. Has some teeth
3. Doesn't spit out solid food
4. Takes your sandwich away from you & won't give it back

Frequently asked questions (see below* for answer):

Does my baby need water?

Does my baby need juice?

Does my baby need to take extra vitamin supplements?

Does my baby need to start solid food when s/he turns 3 months old?

4 months old?

5 months old?

6 months old?

Does my baby's first food have to be rice cereal?

Do I need special equipment to make my own baby food?

Is store-bought baby food better for babies than home-made food?

Is store-bought baby food harmful for babies?

Good first foods (under 9 months old):

Do not add milk, salt, butter, or sugar; mash up well with a fork:

Banana

Avocado

Sweet potato

Butternut or acorn squash

Oatmeal

White or brown rice

Good second foods (over 9 months old):

Other fruits, vegetables, and beans.

Sample recipes:

Sweet potato + unsweetened applesauce

Carrot + lentils

Spinach + chickpeas

Broccoli + potato

Unsweetened canned apricot + oatmeal

Rice + pumpkin

**Answer: No.*

How to start solid food:

1. Offer a few spoonfuls at a time, once a day.
 2. Keep track of "good" and "bad" foods by following the four day rule.
 3. It's okay to skip a day. Do not skip a nursing or a bottle, though.
- Mother's milk or baby formula are your baby's main source of nutrition until one year old.

The four day rule:

Just give one food at a time for four days.

Observe for any sign of allergy (rash - wheeze- watery diarrhea).

If any sign of allergy, the food goes on the "bad list", and you won't try it again until 1-2 years old.

If no sign of allergy, the food goes on the "good list", and baby can have it whenever. You can mix foods together on the "good" list.

Foods to delay til one year old:

Meat, poultry, fish (hard to digest) Honey (botulism)

Eggs (allergy)

Peanut butter (allergy, choking)

Plain cow's milk, cheese (allergy)

Tomato (allergy)

Tofu (allergy)

Strawberries (allergy)

Wheat (allergy)

Grapes (choking)

Foods to avoid until school age or later:

Sweet foods (cookies, fruit chews, etc)

Sweet drinks (sweet tea, soda)

Artificial flavors and colors

Table salt & salty snacks

Small kids like plain healthy foods just as much as these.

How to store homemade baby food:

Freeze tiny amounts in clean ice-cube trays, then store the cubes in freezer bags. Write the date it was made on the bags; use within 3 months.

When do babies get teeth?

On average, first teeth appear at 6-10 months,

Back teeth first appear around 1 year,

& almost all baby teeth are in by 3 years old.

Usually, kids get lose baby teeth & get adult teeth from 6-12 years old.

Wipe your baby's teeth with a clean washcloth until old enough to brush.