

Introducing Food to Baby



It's important to get your baby to eat healthy foods during their first year. Feed your baby different foods at the right time to help them grow and develop.






Is my baby ready for solid food? Babies can start eating solid foods in addition to breast milk or formula when they are about 6 months old. You shouldn't start solid foods before 4 months. Here are some signs that show your baby is ready for solid foods:


- They can sit up with little help.
- They can bring their hands to their mouth.
- They can control their head and neck movements.
- They can lean forward and open their mouth.

Keep feeding your baby breast milk or formula for the whole first year.

How should I start? Give your baby one new food at a time. Let them try it once a day for at least 3 days before you give them something else. This way, you'll notice if they have any bad reactions like a rash, vomiting, or diarrhea. If there is no reaction, you can introduce another new food. Begin with tiny amounts and slowly give them more as they get used to eating.

What should my baby eat? You can introduce foods in any order you like. It's easier for babies to start with pureed or mashed foods. You can add different textures as your baby grows. Here are some ideas:

Veggies	Fruits	Proteins	Dairy	Starches
				
carrots, peas, broccoli, green beans, sweet potatoes	peaches, pears, bananas, apples, avocados	cooked lean meats, salmon, beans, eggs, peanut butter	pasteurized cheese, pasteurized yogurt	infant cereal, oats, whole grain bread and pasta, crackers

 Avoid these foods in the first year: cow's milk, fruit juice, sugary drinks, honey, foods with added sugar or salt, foods that could cause choking like grapes or whole nuts and seeds.
Stay close to your baby while they are eating. Don't force them to eat if they cry or turn away.

For more information: www.greauxhealthy.org

Follow us: [@greauxhealthyPB](https://twitter.com/greauxhealthyPB) [/greaux_healthy](https://www.instagram.com/greaux_healthy) [/greauxhealthy](https://www.facebook.com/greauxhealthy)