



0-6 months

Exclusive breastfeeding recommended.

- Only breastmilk
- Mostly breastmilk with some iron-fortified formula
- Iron-fortified formula
- No juice, water, cereal or food needed
- Ask doctor if extra vitamins or minerals are needed



6-9 months

Baby is ready to eat food.

- Breastfeed or formula feed first
- Use a small dish and feed by spoon only:
 - infant cereal
 - meat
 - fruits
 - vegetables
- Use single item baby foods or mashed table foods
- Try one new food at a time for 3-4 days
- Try food in any order
- Start water in a cup without a lid
- Begin trying finger foods



9-12 months

Continue to breastfeed or formula feed.

- Let baby use open cup for pumped breastmilk, formula, or water
- Let baby practice using a spoon
- Try soft table foods in small pieces, such as:
 - cooked vegetables
 - peeled, soft fruit
 - mashed or finely cut meat, chicken, fish, tofu, eggs
 - cheese slices, yogurt
 - toast
 - cottage cheese

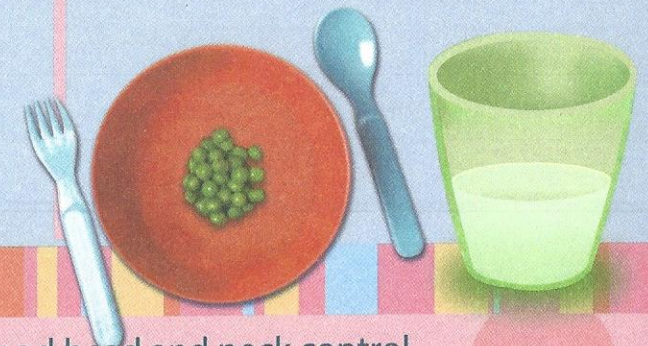
! DO NOT give hot dogs, peanut butter, nuts, seeds, popcorn, and other small, hard foods that can cause baby to choke.



1 year old

It is normal to continue breastfeeding past one year.

- Wean from bottle
Child has outgrown the bottle
- Start whole milk in a cup
- Give table foods during family meals
- Can offer small amounts of juice in a cup



How do I know

when my baby is ready for new foods?

1. Baby sits with support and has good head and neck control.
2. Baby leans forward with open mouth.
3. Baby can keep most of the food in his mouth and swallow it.
4. Baby can pick up food with his hand.