

Feeding Your Baby

Oklahoma Cooperative Extension Service • Oklahoma State University



Healthy eating habits begin during the first year of life.

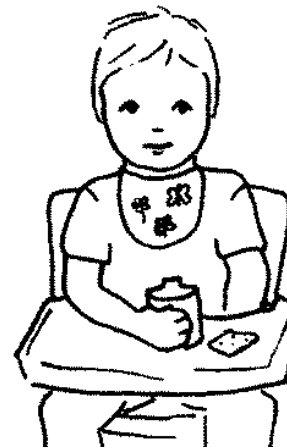
By following the recommended times to introduce solid foods to your baby, you will help your baby learn good eating habits for life.

Feeding your baby too much, too soon can lead to obesity and to food allergies. A fat baby is not necessarily a healthy baby. Too much salt, sugar, and fat in your baby's diet can lead to health problems such as hypertension, diabetes, and heart disease later on in life.

What Foods Come Next?

Your baby will begin to show signs that he or she is ready for solid foods between 4 and 6 months of age. Signs include being able to keep the head up and being able to swallow the food. Follow this schedule for the best times to introduce foods for your baby.

MONTHS	FOODS
Birth-12	Breast milk or iron-fortified formula
4-6	Add iron-fortified infant cereals
5-7	Add vegetables and fruits (strained)
7-10	Add strained meat, pureed beans, egg yolk, cheese, and yogurt. Add chopped vegetables and mashed fruits. Add teething biscuits
9	Add juices from a cup
10-12	Add chopped and ground meats. Add chopped and mashed table foods and finger foods
12	Add whole eggs. Switch from formula and breast milk to whole milk. DO NOT use skim milk or 2% milk



Avoid These Practices

- Using sweets as a reward for your baby.
- Adding salt, sugar, or fat to baby food.
- Insisting that your baby finish the bottle or the entire jar of baby food.
- Starting solids before recommended times.

Suggested Readings:

Gerber (1994). *Dietary guidelines for infants*. Fremont, MI: Author.

Lambert-Lagace, L. (1991). *Feeding your baby: from conception to age two*. Emeryville, CA: Surrey Books.

Satter, E. (1991). *Child of mine, feeding with love and good sense*. Palo Alto, CA: Bull Publishing Co.

Reference List:

Kleinman, R.E. (1994). Build to a variety of foods. *Pediatric Basics*, 69, 2-7.

Laver, R.M. (1994). Babies need fat. *Pediatric Basics*, 69, 14-15.

Lonnerdal, B. (1994). Choose foods with iron, zinc and calcium. *Pediatric Basics*, 69, 25-29.



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