**Feeding in the first year – Baby steps**

**How do I know if my baby is allergic to a food?**
Wait 3-5 days between each new food. This helps you to know if a symptom is developing from that food item. Discuss with your primary care provider when to start peanut butter and if you think that there has been a reaction to any food.

**Common symptoms of food allergy include:**
- Rash
- Vomiting
- Diarrhea

**What is the best way to use strained baby food?**
Feed baby food from a dish rather than out of a jar. Throw away any leftovers in the dish. Any leftover jar food may be refrigerated for 1-2 days. Try to buy single ingredient meats rather than “dinners” as they are much higher in protein. You can mix them with vegetables in the dish yourself.

**Birth – 6 Months**
- Baby can suck.
- Hold baby while feeding.
- Breast milk is best.
- Formula should be used is not breast feeding.
- No water or juice.

**Starter Foods:**
- Baby can sit with support and control his head movements.
- Begin spoon feeding.

**Stage 1 foods**
- Increase textures (smooth to lumpy).

**Breastfed infants:**
- Begin pureed meats (turkey, lamb), egg, then infant cereals (rice, oatmeal), pureed fruits, and vegetables.

**Formula fed infants:**
- Begin infant cereals (rice, oatmeal), then pureed fruits and vegetables, and pureed meats (turkey, lamb), egg.

**7 – 9 Months**
- Baby can chew, grasp, and hold items.
- Finger feeding begins.

**Try:**
- Well-cook carrots
- Sliced bananas
- Cheerios
- Graham crackers
- Soft cheeses
- Pancake bits
- Well-cooked noodles

**Try new tastes and textures:**
- Plain yogurt
- Cottage cheese
- Tofu
- Refried beans
- Soft foods from the family meal

**Limit juice to 4oz. per day.**
- Offer sips of water from a cup with each meal.
- Always try to eat together as a family.

**9 – 12 Months**
- Baby can eat with a spoon and will feed self more often.
- Expect your baby to make a mess and often use hands to eat.
- Offer fewer pureed foods and more foods from the family meal.
- Set a good example; parents should eat plenty of fruits and vegetables.

**Prevent choking. Avoid dangerous foods:**
- Raw vegetables
- Nuts
- Seeds
- Whole grapes or cherry tomatoes
- Hot dogs
- Popcorn
- Spoonfuls of peanut butter

**Building Good Eating Habits**
- Make feeding time a happy time for the whole family; eat together.
- Let your baby decide when enough is enough!
- Never force your baby to eat or drink.
- Never give your baby soda or other sweetened drinks. They are not healthy for babies or adults.
- Your baby does not need cookies, cake, pie, or candy. Fruit is the best dessert of all.

**NO HONEY! (entire first year)**