

4-6 MONTHS

By now your baby should be drinking about 6-8 ounces per feeding and be taking about 4 feedings per day. Your baby should be taking only breastmilk or infant formula, not milk. Breastmilk or iron fortified infant formula are completely adequate to meet the need for food up to 6 months, but you may begin adding solids at 4 months. It is important not to begin solids too early. A fat baby is not necessarily a healthy baby. Extra fat gained in infancy may never be lost.

The foods listed below are only suggestions. Only introduce one food at a time leaving a period of two to three days in between before introducing another new food. The order is no essential.

4-6 MONTH CALENDAR

- 4 months - Rice cereal (diluted with breastmilk or formula); baby applesauce
- 4 1/2 months - Baby barley cereal (diluted with breast milk or formula); baby pears, mashed bananas
- 5 months - Baby oatmeal cereal (diluted with breastmilk or formula); baby peaches; apple juice diluted with equal amounts of water
- 5 1/2 months - Baby carrots; baby apricots (a good source of iron); baby squash
- 6 months - Baby beets, baby prunes, mashed sweet potatoes (no sugar added) or mashed white potato. Sweet potatoes and prunes are good sources of iron.

SAMPLE

By six months your baby should be offered daily:

- 4 tbs. - dry cereal (rice, barley, oat-diluted with breastmilk or formula)
- 4 tbs. - pureed fruit (applesauce, banana, peaches, pears, apricots)
- 4 tbs. - baby vegetables (baby carrots, baby squash, baby beets, sweet potatoes)
- 4 oz. - water in hot weather
- 32 oz. - breastmilk or formula; vitamins and minerals as prescribed by doctor.

Start slowly. Try just one new food at a time in very small amount - about 1 teaspoonful the first.

POINTS TO REMEMBER

- a. Offer only 1 new food at a time and try this food for 2 or 3 days in a row. Watch for allergic reactions such as diarrhea, vomiting, coughing or rash. By introducing only 1 food at a time, it will be easier to determine which food is causing the allergy.
- b. Offer no more than 2 new foods in one week.

CEREAL

- a. Measure 1 teaspoon of dry baby cereal and mix it with 2 to 3 tablespoons of breast milk or formula. Make it thin. As baby grows older you can make it thicker.
- b. Do not put cereal in a bottle with the formula. Cereal should be fed with a small baby spoon.
- c. Put a very small amount of cereal on baby's tongue, or let him/her suck it from the spoon. He/she may not take much at first, and he/she may spit it out. This is normal. It does not mean that baby dislikes the cereal. It means baby has not yet developed the ability to use his/her tongue to swallow food offered on a spoon.
- d. Dry pack cereal in the box has more iron than wet pack cereal in a jar and is therefore recommended. It is also less expensive.

FRUIT

- a. You may use baby applesauce from a jar or make homemade applesauce which is well strained or blenderized. Do not include apple skins when you make the applesauce.
- b. When using applesauce from the jar, remove as much as you want from the jar and feed it to the baby from a small bowl or cup. Throw out whatever baby does not eat from this portion, and refrigerate the applesauce which is left in the jar. Do not keep dipping baby's spoon into the jar as you feed him/her as this may start bacteria growth in the unused portion.
- c. Use fruits for your baby's dessert. Fruits provide vitamins, minerals, bulk and a variety to baby's diet. Plain fruit is better for baby than high calorie starchy mixed desserts. **DO NOT ADD SUGAR** to fruits or put fruits in baby's bottle.
- d. **DO NOT** put thickened fruit dessert or fruit mixtures in a jar.