

6-8 MONTH CALENDAR

- 6 1/2 Months - Strained green vegetables; spinach; green beans; peas
- 7 Months - Strained chicken; egg yolk
- 7 1/2 Months - Strained beef; strained lamb; strained orange juice
- 8 Months - Cottage Cheese or American Cheese

AT 8 MONTHS

By now your baby should be offered daily:

- 4 tbs. - Dry infant cereal diluted with breastmilk or infant formula
- 4 tbs. - Pureed vegetable
- 4 tbs. - Strained meat
- 4 tbs. - Strained fruit
- 32 oz. - Breastmilk or formula
- 4 oz. - Water in hot weather

Vitamins and minerals as prescribed by your doctor.

POINTS TO REMEMBER

MEAT

- a. Meats add iron and protein to your baby's diet. If your baby does not like meat at first, mix a little mashed potato or vegetable with it. If you use "baby meats" from a jar, always buy "plain baby meat" instead of "vegetables and meat" or "high meat dinner". Plain meat has more protein and iron and is less expensive by comparison.
- b. Neither meat soups nor fat back, bacon, salt pork, broth or gravy are meats.
- c. Unless you have a food mill or blender, it is recommended that you buy the commercial pure/plain baby meats. Meat is too difficult to prepare with a simple strainer, and it will not be pureed enough for very young babies.
- c. Do not add salt or sugar to your baby's food. Baby does not need these.

EGG YOLK

- a. The egg yolk may be boiled and mashed or baby egg yolk can be used. Start with one teaspoon until you are sure that baby can tolerate egg. You can give the whole egg at about one year of age. Babies often develop allergy to egg white if fed it too soon.
- b. A good first way to introduce egg yolk is to grate a small portion of a hard-cooked yolk over a baby's strained vegetable.
- c. Egg yolk is a good source of iron.

FINGER FOODS 6-12 MONTHS

FINGER FOODS

During your baby's second six months of life, teeth will begin to appear. At this time your child will begin chewing on everything - toys, fingers, even the side of the crib. It is now time for baby to learn to chew solid foods.

Give your child food that can be held in the hand and chewed. At first, a piece of hard toast or a cracker is fine. Baby will chew on them because they taste good and soon will swallow them. Other good teething foods are Zwiebacks and teething biscuits. Before long, baby will want to pick up pieces of cooked vegetables, scraps of ground meat and anything that can be held in hand. Make sure the food is soft and easily chewed. This subject will be continued in your next handout at 8-10 months.