

## INTRODUCING SOLID FOODS

Breast milk or formula is the major source of calories and nutrition for your baby's first year of life. When your baby is about 4 months old, weighs about 15 pounds and is requiring more than 32 ounces of formula daily, it will be a good time to add some solid foods. Introducing solids earlier than this may increase the risk of allergy to foods and cause excessive weight gain. Giving cereal at bedtime does not cause a baby to sleep through the night at a younger age.

Introduce solid foods at a time of day that will become a regular meal time. Each new food should be started by giving the baby one teaspoon the first day and gradually increasing the amount each day. At this age, your baby can indicate to you whether they are full or still hungry. Wait at least one week between new foods to be certain that your baby tolerates that particular food. The usual signs of food intolerance are vomiting, diarrhea and skin rashes.

<b>Age</b>	<b>Type of food</b>
4 months	Cereal mixed with formula or breast milk (begin with oatmeal cereal)
5 months	Vegetables and fruit
7 months	Meats
9 months	Egg yolk and finger foods like soft vegetables and fruits; introduce a cup
10-12 months	Yogurt, cheese, table foods

Avoid these foods until your baby is one year old: wheat or mixed cereal, peanut butter, citrus fruits/juices, shellfish, honey, berry fruits. Do not give peanuts, popcorn, grapes, hot dogs, or items that roll because of the risk of choking.

You will notice changes in your baby's stools when solid foods are begun. Foods that will make their stool softer include barley cereal, green beans, peaches, plums, pears, and prunes. Stools will be firmer with rice cereal, applesauce, bananas, and carrots.

Call my office during office hours with any questions.

Kathleen E. Ethridge, M.D.  
372-3135/303-7119