

## WILLIAMSVILLE PEDIATRICS STARTING SOLIDS

- Add only **one** new food at a time
- **Wait 3-5 days** before introducing another new food
- Start a new food in the morning so by bedtime if it doesn't agree with your baby, you will know
- If exclusively breastfeeding, the AAP recommends waiting until six months of age

First Single Grain Cereals	After Cereals Single Vegetables	After Veggies Single Fruits
<b>DAY 1</b>  1 Tbsp of cereal, plus breast milk or formula	<b>DAY 1</b>  ½ Jar (2 oz)	<b>DAY 1</b>  ½ Jar (2 oz)
<b>DAY 2</b>  2 Tbsp of cereal, plus breast milk or formula	<b>DAY 2</b>  ½ Jar (2 oz)	<b>DAY 2</b>  ½ Jar (2 oz)
<b>DAY 3</b>  3 Tbsp of cereal, plus breast milk or formula	<b>DAY 3</b>  ¾ Jar	<b>DAY 3</b>  ¾ Jar
<b>DAY 4</b>  4 Tbsp per serving	<b>DAY 4</b>  1 Jar	<b>DAY 4</b>  1 Jar
<b>Food varieties</b>  - Rice Cereal - Oatmeal - Barley Cereal	<b>Food Varieties</b>  - Carrots - Green Beans - Peas - Sweet Potatoes - Squash	<b>Food Varieties</b>  - Applesauce - Bananas - Peaches - Pears - Prunes

Around 6 months of age, you may switch to 4 oz jars of food (Stage 2) and may introduce small amounts of water.

Between 8-9 months of age, you may introduce table foods (cooked veggies, dry cheerios, fruits) soft consistency & small pieces. **No egg, peanut butter, or honey until after 1 year of age.** If any food allergies in the family, you should wait until 2-3 years of age to introduce these items. Always have Benadryl on hand when trying new foods, in case there is evidence of an allergic reaction.