Helpful Information

1 Be patient when feeding your baby. Babies need time and practice to learn to eat. They are messy eaters. Always sit with your baby while he/she eats.

2 Bottles are for plain water, breastmilk or formula. Give juice in a cup only. Never give sweetened drinks like Kool-Aid®, sodas (pop), punch, gelatin water, or sugar water.

3 Never force baby to finish a bottle or food. Your baby is the best judge of how much to eat. Babies will tell you when they have had enough by turning their heads away, closing their lips, pushing food out of their mouths, or throwing food on the floor.

4 Feed your baby from a small dish, not from the jar. Feed with a small spoon. Use a clean spoon to take more food out of the jar. Your baby's saliva (spit) can spoil the food, which may cause diarrhea. Throw away any left-over food or liquids in your baby's bottle or dish. Store left-over jar food in the refrigerator. Use within 2 days.

5 Add one new food at a time. Wait five days before giving your baby another new food. Watch for allergic reactions.

6 Foods that may cause allergic reactions are:

- Cow's milk
- Orange juice
- Egg whites
- Wheat products
- Corn products
- Fish and other seafood
- Soy products like soy milk and tofu
- Peanuts or other nuts
- Peanut butter
- Chocolate
- Strawberries
- Raw tomatoes

Most babies outgrow these allergies.

7 Some allergic reactions are:

- Skin rash
- Gas
- Breathing problems
- Diarrhea

Helpful Information

8 Buy plain foods. Avoid buying combination dinners. You can make your own combinations with meats, vegetables, and rice or noodles. These are healthier and less expensive.

9 Offer fruit for dessert. Babies do not need baby desserts like puddings, custards, and cobblers.

Warning: Babies can easily choke on hot dogs, nuts, seeds, popcorn, chips, grapes, raisins, raw vegetables, and peanut butter. Do not serve these foods. **Never** give your baby honey or foods made with honey. Your baby could get very sick or even die.

Washington State Department of Health
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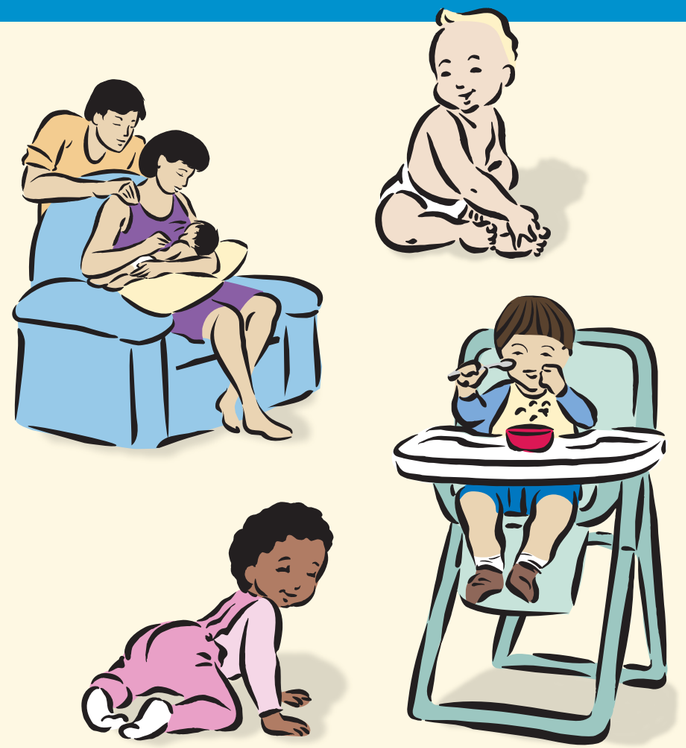
Feeding Your Baby Birth to 8 Months



This is my goal for my baby: _____

_____

_____

Food for Baby's First Eight Months

Use this chart as a guide for introducing foods to your baby.

If your baby was premature, talk to your WIC nutritionist.

At birth

Your baby:

- ✔ Sucks and swallows liquids.
- ✔ Pushes tongue out.

Babies were born to breastfeed.

Breastmilk is **best** for your baby!

Always hold your baby if you bottle feed. Never prop the bottle or put your baby to bed with a bottle.

At about 6 months

When your baby can:

- ✔ Sit with support.
- ✔ Hold head steady.
- ✔ Keep food in mouth and swallow it.

First:

- ▲ Start baby cereal with iron.

Begin with plain rice cereal. Then try oatmeal and barley.

Mix cereal with breastmilk or formula. It should be thin at first. Feed cereal from a spoon only. Do not put cereal in the bottle.

At about 6 to 7 months

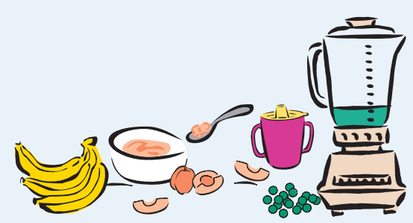
When your baby can:

- ✔ Sit without support.
- ✔ Begin to chew.

Start:

- ▲ Teaching your baby to drink water from a small cup.
- ▲ Fruits and vegetables. Begin with vegetables first.
- ▲ Smooth strained or pureed cooked vegetables.
- ▲ Strained or pureed fruits

You can use a strainer, blender or food grinder. Offer plain food without added salt or sugar.



At about 7 months

When your baby can:

- ✔ Use a cup with help.

Start:

- ▲ Start WIC fruit juice.
- ▲ Limit juice to 2 ounces (60 milliliters) per day.
- ▲ Mix 2 ounces of juice with 2 ounces of water.
- ▲ **Always give juice in a cup.**

No orange or pineapple juice yet!

At about 7 to 8 months

When your baby can:

- ✔ Grasp and hold onto things.

Start strained or pureed:

- ▲ Meat.

  No hot dogs!
- ▲ Chicken.
- ▲ Beans.
- ▲ Cottage cheese.
- ▲ Plain yogurt.
- ▲ Cooked egg yolk mashed with breastmilk, fomula, or yogurt.

  No egg whites!
- ▲ Mashed tofu.

Also:

Offer a variety of foods.

Let baby begin to feed self.

Washington State Department of Health

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