

# INTRODUCING SOLID FOODS

A month-to-month guide on when to introduce new foods to your little one.

## 6 MONTHS



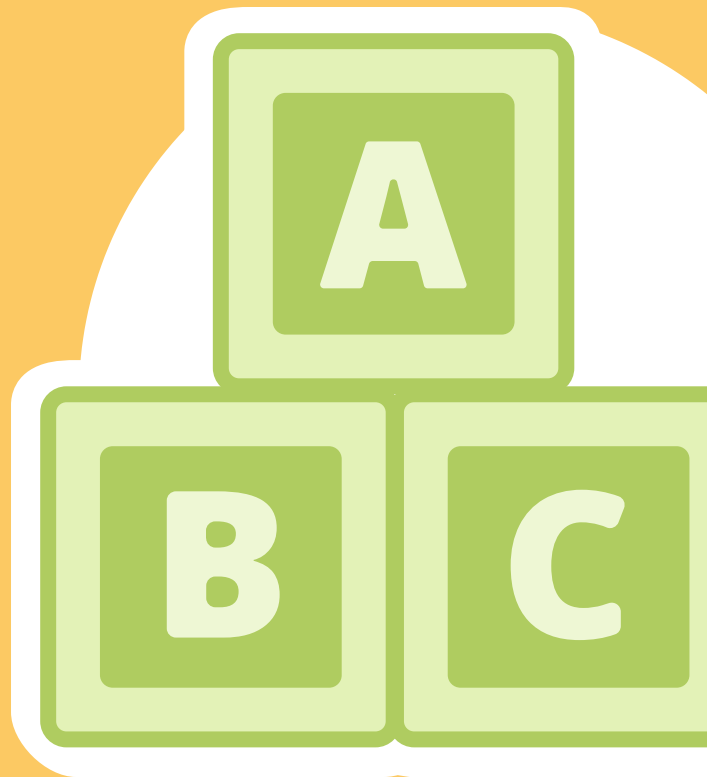
Breast milk or formula. Introduce pureed and strained or pureed fruits, veggies, grains, meats or iron-fortified cereal.

**How:** Breast or bottle. Spoon feed purees and cereal, starting with thin, watery texture.

## 6-8 MONTHS

Breast milk or formula. And pureed and strained, just pureed or mashed fruits, veggies, grains, meats/meat alternatives and dairy.

**How:** Breast or bottle. Spoon feed solid foods.



## 8-12 MONTHS

Breast milk or formula. And lumpy, chopped or bite-sized finger foods of fruits, veggies, grains, meats/meat alternatives and dairy.

**How:** Breast or bottle. Spoon feed, self-feed finger food, and self-feed with spoon.



**I** ILLINOIS

Extension

COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES

**Sources:** United States Department of Agriculture. (2015). Infant feeding guide; Castle, J. & Jacobsen, M. (2013). Fearless feeding: How to raise healthy eaters from high chair to high school.