



Mom to Mom Nutrition

Best Practices for Feeding Baby

The American Academy of Pediatrics recommends starting solids at 6 months of age.

Start only one new food every 3-4 days to watch for reaction.

Breastmilk or formula is baby's main source of nutrition for the first year

Always talk with your pediatrician before starting solids.

Offer variety and exposure to new tastes, textures, and flavors

Never add solid foods to baby's bottle.

Baby FEEDING GUIDE



Healthy Foods that Babies Love

(once baby has been introduced to a variety of foods, choose 2-3 to serve at each meal)

FRUIT	apples, bananas, blueberries, avocado, pears
VEGETABLE	carrots, sweet potato, peas, squash, peppers
PROTEIN	ground beef, chicken, beans, tofu
GRAINS	oatmeal, brown rice, quinoa, whole wheat bread, pasta
DAIRY	plain yogurt, cheese, cottage cheese, cream cheese

Start with 1-2 teaspoons [6-8 months] and increase to 3-4 tablespoons [8-12 months].

Begin with purees [6-8 months] and gradually increase to chopped or finger foods [8-12 months]

Always follow your baby's lead for what and how much they want to eat