

Introducing Solids to Infants

For optimal health and prevention of illness



1 Breastfeed exclusively for the first 6 months

- Only vitamin D should be supplemented
- No evidence of preventative effects by prenatal moms avoiding allergenic foods during pregnancy

2 Introduce solids around 6 months

Introduce solids when baby is ready, meaning baby can:

- Sit up without support
- Hold some food in her mouth without pushing it away
- Lean forward and open her mouth when hungry and interested
- Show fullness by leaning back, turning head away, fussing



3 First complementary foods should be iron-rich

- Emphasize age-appropriate textures of food rather than types of food, i.e. cooked preferable to raw
- Texture progression should happen quickly, with lumpy foods being introduced no later than 9 months

4 Commonly allergenic foods need not be avoided*

- They can be incorporated into diet as of 6 months
- Offer only one new food at a time (every 2-5 days) to watch for reactions
- Continue to offer these foods a few times a week to maintain tolerance

May need extra attention if family history of allergies exists



5 High cow's milk intake can contribute to iron deficiency

- Cow's milk is low in iron and can displace other foods
- Yogurt and cheese can be introduced around 6 months, but wait until around 12 months to introduce cow's milk