



# Getting a Solid Start



Baby's **1**ST FOODS®

Babies grow and develop at different rates. At a certain point in their growth, breast milk and formula won't supply all of the nutrients and calories babies need. You'll know when your baby's ready for solid food when baby:

- Doubles birth weight and weighs at least 13 pounds.
- Pushes self up with straight elbows, when lying on tummy.
- Seems hungry after 8 to 10 breast feedings a day or drinks 32 ounces of formula a day.
- Sits with help and has control of head movements.

Between now and the next checkup, start feeding your baby some of the single-ingredient baby foods listed below. Here are some basic guidelines:

- ✓ Add only one new food at a time.
- ✓ You can repeat a food already given.
- ✓ Feed new food 3 to 5 days in a row before starting another one (to see how the food agrees with your baby and to help baby learn to enjoy each new food).
- ✓ Start a new food in the morning; if it doesn't agree with your baby, you'll know before bedtime.
- ✓ Introduce 1 tablespoon single-grain cereal, mixed with 4 tablespoons breast milk, formula, or water. Decrease the amount of fluid as baby gets used to consistency.

## Single-Grain Cereals

- Day 1** 1 tablespoon plus mother's milk, formula, or water
- Day 2** 2 tablespoons plus mother's milk, formula, or water
- Day 3** 3 tablespoons plus mother's milk, formula, or water
- Day 4+** 4 tablespoons per serving

## Single Vegetables\*

- Day 1** 1/2 jar
- Day 2** 1/2 jar
- Day 3** 1/2 jar
- Day 4+** 1 jar

## Single Fruits\*

- Day 1** 1/2 jar
- Day 2** 1/2 jar
- Day 3** 1/2 jar
- Day 4+** 1 jar

## 100% Infant Juices

- Day 1** 1 fluid ounce
- Day 2** 1-1/2 fluid ounces
- Day 3** 1-3/4 fluid ounces
- Day 4+** At least 2 fluid ounces, but most babies enjoy a full 4-ounce container

## Food Varieties

- \_\_\_\_\_ Barley Cereal
- \_\_\_\_\_ Oatmeal
- \_\_\_\_\_ Rice Cereal

- \_\_\_\_\_ Carrots
- \_\_\_\_\_ Green Beans
- \_\_\_\_\_ Peas
- \_\_\_\_\_ Potatoes
- \_\_\_\_\_ Squash
- \_\_\_\_\_ Sweet Potatoes

- \_\_\_\_\_ Applesauce
- \_\_\_\_\_ Bananas
- \_\_\_\_\_ Peaches
- \_\_\_\_\_ Pears
- \_\_\_\_\_ Prunes

- \_\_\_\_\_ Apple juice
- \_\_\_\_\_ Pear juice
- \_\_\_\_\_ White grape juice

\*2.5 ounce-jar portions

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## SPECIAL INSTRUCTIONS

# Healthy Feeding Plan



## Mealtime is your time together

As one of the first things you do together, feeding is a time when you and your baby learn about each other. It's a time when babies explore their independence and discover how to interact. It's also the beginning of

lifelong eating habits. Research shows that babies know how much food they need. And they'll tell you in many ways — smiling, reaching toward the spoon, opening their mouths. When you "listen" carefully

and respond to their cues, babies learn that they can communicate their feelings (*a big step!*) and that they matter to you. For this reason, never force babies to eat.

## Mealtime is your time together

- **Atmosphere:** Spend some quiet time together to create a relaxed atmosphere
- **Preparation:** Get your "tools" together before you start: bib, baby spoon, food, moist towel (expect a bit of a mess!)
- **Position:** Hold baby in a slightly reclined, sitting position on your lap.
- **Quantity:** Place small tastes on the tip of a spoon and place in baby's mouth.
- **Very first tastes:** Your baby's first tries at swallowing solid food will be awkward. Your baby may need practice. If the food is rejected, offer a few more spoonfuls. Sit back and enjoy seeing your baby learn something new: how to eat solid foods.

	When is baby ready?	Which foods are best?
<p><b>Cereals &amp; Juices</b></p>	<ul style="list-style-type: none"> <li>• Single-grain cereal and single ingredient juices. Introduce when:               <ul style="list-style-type: none"> <li>– Weighs at least 13lb., has doubled birth weight</li> <li>– Is hungry after 8 to 10 breast feedings a day or drinks more than 32 ounces of formula a day</li> </ul> </li> <li>• Multi-ingredient cereals and juice blends. Introduce when:               <ul style="list-style-type: none"> <li>– Has tried a variety of single-ingredient Gerber® 1ST FOODS® baby foods</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Start with rice cereal as the very first food.</li> <li>• Add vitamin C-fortified juice to cereal to boost iron absorption.</li> <li>• Juice is an easy way to teach new flavors.</li> <li>• Gerber offers a variety of 100% ready-to-serve baby juices.</li> </ul>
<p><b>1ST FOODS®</b></p>	<ul style="list-style-type: none"> <li>• Doubles birth weight and weighs at least 13 pounds.</li> <li>• Appears hungry after 8 to 10 breast feeding a day or drinks 32 ounces of formula a day.</li> <li>• Pushes self up with straight elbows.</li> <li>• Sits with help and has control of head movements.</li> </ul>	<ul style="list-style-type: none"> <li>• Single-ingredient foods, such as Bananas, Pears, or Peas.</li> <li>• Pureed for easy swallowing.</li> <li>• Foods without sugar, salt, egg, milk, wheat, citrus.</li> </ul>
<p><b>2ND FOODS®</b></p>	<ul style="list-style-type: none"> <li>• Sits well without support.</li> <li>• Starts some form of crawling like scooting or rolling over.</li> <li>• Eats easily from a spoon.</li> <li>• Begins to drink from a sipper cup with help.</li> <li>• Has tried a variety of single-ingredient foods.</li> </ul>	<ul style="list-style-type: none"> <li>• Mixed ingredients, such as Garden of Eatin' Vegetable and Apple Blueberry.</li> <li>• Smooth-textured foods.</li> <li>• Larger servings of favorite foods.</li> <li>• Protein dishes, such as meats, and select New Simple Recipe® dinners.</li> </ul>
<p><b>3RD FOODS®</b></p>	<ul style="list-style-type: none"> <li>• Learning to crawl and pulls self up to stand.</li> <li>• Mashes foods with gums.</li> <li>• Taste preference begins to expand.</li> <li>• Holds cup while drinking.</li> </ul>	<ul style="list-style-type: none"> <li>• Larger-portion sizes to keep up with appetite.</li> <li>• Gentle seasonings and texture to encourage chewing.</li> <li>• Tasty selections: Broccoli with Carrots and Cheese, Vegetable Pasta.</li> <li>• Serve a variety to provide nutrition needed for healthy blood (iron), growth (zinc), and healthy gums (vitamin C).</li> </ul>

## Some solid advice

- For safety, make sure the top of the jar "pops" the first time it's opened.
- Serve meats and vegetables at room temperature.
- Since good eating habits start early, include healthy snacks like fruit to satisfy baby's sweet tooth.
- Don't leave babies alone while they are eating.
- If baby refuses food, try a few more times, or wait to make it up at the next meal. Don't worry!
- Feed baby with utensils designed for beginners.

