

## **Woodburn Pediatric clinic**

### **Introducing your baby to solid foods**

1. Start with solid food between 4 to 6 months, feed via spoon, and baby should always be in a sitting position. Do not add food into the baby's bottle.
2. Main rule – one food at the time.  
Example: Start with rice cereal for 3-4 days, if no reaction and tolerating well, continue with it and add the next food, etc. After introducing most of the food you can move to the mixed meals – vegetables, fruits and meats.
3. No honey or corn syrup until 1 year of age (possible botulism), no high allergenic food (shellfish, chocolate, nuts, eggs) until 9 months and no cow milk until 1 year.
4. You may use store prepared baby food or prepare by yourself. When you are making baby food do not use salt or any other spices. Mash baby food after cooking to desired consistency.
5. Start to introduce finger food (small soft pieces of fruits and vegetables, baby puffs) around 9 months, usually when baby starts to crawl.
6. To avoid choking, never feed your child when she / he is playing, running or jumping. Avoid round-smooth foods, such as grapes, hard candy and hot dogs, those need to be cut into pieces.

**Call the clinic (503-981-5348) if you have any questions.**