 Starting your little one on solid foods

Hungry for additional info? Find all of this — and more food for thought — at kp.org.

**YOUR BABY IS READY WHEN SHE:**
- Controls head and neck well
- Sits up with support
- Watches you eat and reaches for your food
- Doesn't push out a spoon placed in her mouth

**NUTRIENT-PACKED FOODS THAT ARE EASY TO PREPARE**
Foods should be soft. Be sure to puree or mash well.

- Carrots
- Green peas
- Applesauce
- Sweet potatoes
- Butternut squash
- Iron-enriched rice cereal
- Meat or poultry (finely ground!)
- Avocados
- Yogurt
- Broccoli

**ALLERGENIC FOODS: BE ALERT!**
Talk to your doctor about how and when to cautiously introduce:

- Eggs
- Milk
- Soy
- Wheat
- Peanut/Nuts
- Fish/Shellfish

**AS YOUR BABY GROWS ...**

6 months: Start off with iron-rich foods, like peas, rice cereal, and meat or poultry.

9 months: Widen the variety! Include a range of fruits, vegetables, and meats.

1 year: Safe to introduce:
- Whole milk
- Honey

If possible, continue breastfeeding until your baby is at least 1 year old.

**THE AMERICAN ACADEMY OF PEDIATRICS RECOMMENDS**
Introducing solid foods to your baby at about 6 months old.