

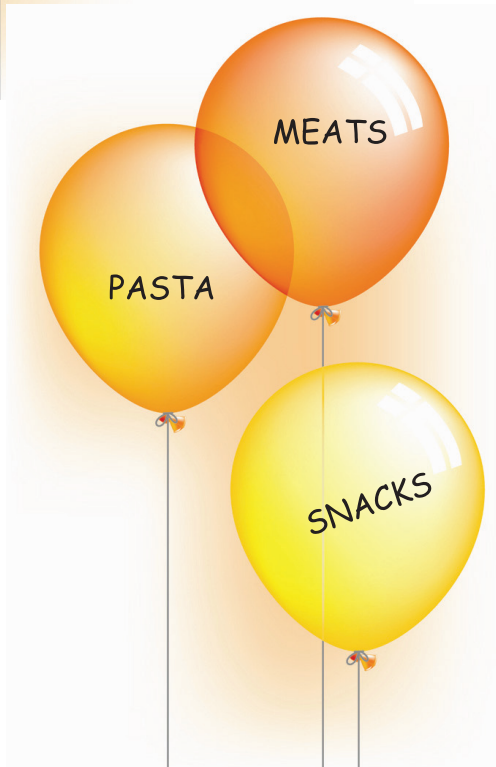
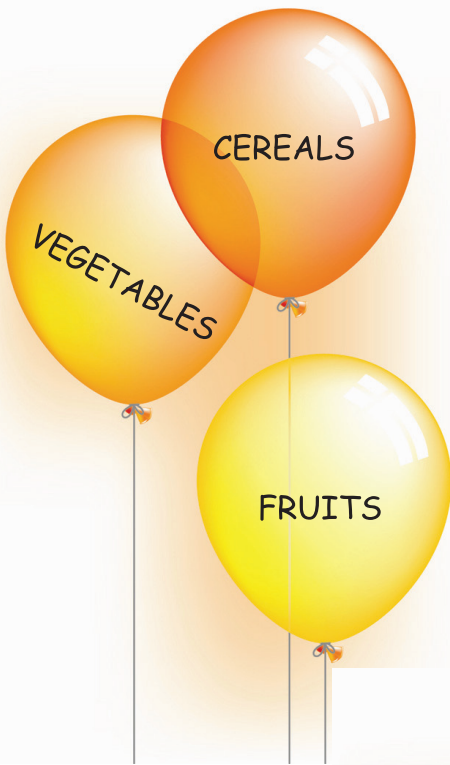


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It's time for...
SOLIDS





WELCOME TO THE INTRODUCTION OF SOLIDS!



Most common brands purchased:

Beech Nut

Gerber

Earthbound

Earth's Best

Dr. Matt has no preference with regard to brands. We recommend trying a couple of brands to see which you and your baby like best.

With regard to the use of organic products, please be sure that they have a certification seal to ensure that they are truly “organic”. Furthermore, if interested, one can prepare their own vegetables and fruits. The homemade method is rather easy, and can save a significant amount of money. In addition, you will be able to control the sugar content as well as preservatives contained in the food.

Current AAP (American Academy of Pediatrics) recommendations are the introduction of solids between 4 and 6 months of age. Ultimately the decision is up to you, however I strongly recommend introduction of solids at 4 months (assuming no allergic concerns). This is adequate time to insure that the infant’s gut is mature and ready for solids, while beginning the socialization to the textures and tastes of food at the earliest possible time.

LET'S GET STARTED!

Breakfast Cereal

Lunch _____

Dinner _____

Rice Cereal is the first solid food introduced. Here's why: It is hypoallergenic as well as a good source of calories with considerably less sugar and fat content than baby formula. In addition, oatmeal and barley cereals can be introduced at 4 to 5 months of age. Current recommendations are that rice cereal should be limited to 2-3 servings per week. Feel free to give oatmeal and barley 2-3 times per week as well to ensure 1-2 servings of cereal per day.

No matter what grandma says...NEVER put cereal into the bottle unless advised by Dr. Matt directly.

Serving Size and Number of servings per day:

Serving size is 2-4 tablespoons per serving with approximately 1-2 servings per day.

While we generally give cereal once a day (usually at breakfast) there are times when you may provide your child with a second serving either at lunch or dinner.

Remember: Only one new food is introduced every three to four days!!

The reasoning behind waiting 3-4 days between new foods is to observe for an allergic reaction to the newly introduced food.

The most common allergic reactions are:

Rash

Vomiting and/or diarrhea

Feel free to contact the office immediately in the event of an apparently significant allergic reaction.

Now that we've introduced Rice cereal...
LET'S MOVE ON TO VEGETABLES,
the next group of solid foods.

Breakfast Cereal _____

Lunch _____ Vegetable _____

Dinner _____ Vegetable _____

Stage 1 vegetables are approximately 2 oz. per serving. Your child may take as little as 1-2 tablespoons or finish the whole jar.

After 3 or 4 days of a Stage 1 vegetable (we prefer green first, then orange), continue to introduce 1 new vegetable every 3-4 days at lunch and dinner.

(See our vegetable list for acceptable Stage 1 vegetables)

At the Lunch and Dinner feedings, feel free to give two servings of vegetables at each meal. (These can be two different vegetables.)

***Remember...only one can be a newly introduced vegetable.*

Breakfast Cereal _____

Lunch Vegetable Vegetable _____

Dinner Vegetable Vegetable _____



It is ok if your child takes only 1/2 a jar of vegetable or less, as this will still provide diversity of textures and tastes and socialize the child to solids.

Feel free to occasionally substitute one vegetable serving at lunch or dinner with cereal.

4-5 Veggies must be added
(a mixture of green, orange, and other)
before introduction of the first fruit.

Feed your child the way you would eat.
Your goal is to offer a good variety of healthy foods
that are rich in the nutrients they need.
Watch your child for cues that he/she has had enough
to eat.

VEGETABLE LIST

4 Months and older

Sweet Potatoes
Carrots
Squash
Zucchini
Corn
Peas
Green Beans
Spinach
Broccoli
Cauliflower
Asparagus
Beets
Cabbage



LET'S MOVE ON TO FRUIT!!

Now that we've introduced rice cereal as well as 4-5 vegetables, we can comfortably introduce our first fruit to be a part of Breakfast and as a "dessert" for Lunch and Dinner.

Breakfast Cereal Fruit

Lunch Vegetable Vegetable Fruit

Dinner Vegetable Vegetable Fruit

At this point, you can continue to introduce one new food every 3-4 days.

Remember: Only one new food is introduced every three to four days!!

While there is no set rule regarding the introduction of "berries" (blueberries, strawberries etc.), these fruits tend to have a higher degree of allergenicity than others.

FRUIT LIST

4-6 Months

Bananas	Prunes
Applesauce	Mango
Pears	Guava
Peaches	Kiwi
Apricots	Papaya
Plums	Avocado

6-9 Months

Cherries
Strawberries
Blueberries
Raspberries
Pineapple
Oranges
Grapefruit
Tomato

6-9 Months

LET'S MOVE ON TO MEAT!!

Chicken or turkey is generally recommended as the first meat to introduce to your child.

It is reasonable to prepare meat yourself (though jar baby food meat is acceptable as well.) The preferred method to prepare meat is by baking. However, if you wish, you may boil, poach or stew. Using a crock pot or slow cooker is an excellent way to prepare your own multi-food combination meals.

The recommended way to puree meat is to make sure the cooked meat is cold and no larger than 1-2 inches in size.

At 6 months we recommend advancing to Stage 2 Fruits and Vegetables.

All infants mature at different rates, so ensure that your child can tolerate the thicker consistency and slightly larger volume.

Remember: You will have to experiment because all babies have different tolerance and preferences for various tastes and textures.

MEAT LIST

6 Months and older

Chicken
Turkey
Beef
Lamb
Veal
Ham

The introduction of MEAT will provide the baby with an excellent source of iron (iron stores generally begin to deplete at this time) as well as protein.

At approximately **7 MONTHS**,
you can add the following foods:

- Plain whole-milk yogurt
 - Mild cheeses
(cottage, ricotta, cream cheese, pot cheese).

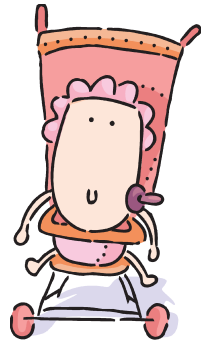
Another food commonly introduced at this time is
Egg YOLK (NO EGG WHITES).

Pasta (usually in the form of pastina) can be introduced
at this time as well.



At **8 MONTHS** we recommend the
introduction of teething biscuits
(zwieback, arrowroot, etc.).

Puffs and cheerios can be started
at this time.



Remember: All children attain milestones
at different times. If you feel your child
appears to have difficulty, feel free to
discontinue and retry at another time.

Remember: Only one new food is
introduced every three to four days whether
it's a meat, fruit, vegetable or cereal!!

At **9 MONTHS** we recommend that the baby eat what you eat. This can include advancement to table foods.

Remember: The size of a pea is the appropriate size of a solid food to be introduced to your child.

If your child appears to have difficulty tolerating table food, and it is your desire to continue “baby foods”, I strongly recommend advancing to Stage 3 at 9 months of age.

Some suggestions: We can now add asparagus, broccoli, cauliflower, eggplant, white potatoes, onions, peppers, leeks, mushrooms, parsnips, beans/ legumes.



OTHER FOODS	
<div style="border: 1px solid green; display: inline-block; padding: 5px 20px;">6-9 months</div>	
Mashed potatoes	Custards
Beans	Puddings
Cheeses	Jello
Pastina/Pastas	Chocolate
Teething Biscuits	Ice Cream
Breads	Pancakes
Tapioca	French Toast
Cheerios	Waffles
Egg Yolk	Pizza

One Year Old

At one year of age, the child may eat what you eat.

This now includes:

Whole milk (NO MORE FORMULA!)

We strongly recommend no more than 24 oz. of whole milk per day.
(I prefer 16-20 oz. whole milk per day)

It is OK to go straight to whole milk.
There is no need to gradually wean from formula to whole milk.



Remember: Only one new food is introduced every three to four days whether it's a meat, fruit, vegetable, cereal or snack!!

	CEREAL	VEGGIES	FRUITS	MEATS	DAIRY	SNACKS
4 months	Iron-fortified Rice Cereal,Oatmeal,Barley Begin with about 1 tsp dry cereal mixed with 4-5 tsp breast milk or formula. Gradually thicken consistency and increase to 2-4 Tblsp. per serving, 1-2 times per day.	Stage 1 (4-5 veggies before first fruit.)				
5 months			Stage 1 fruits One serving per meal approx 2-3 times per day			
6 months		Stage 2 Veggies	Stage 2 Fruits	1-2 servings per day		
7 months					Yogurt, soft cheeses, pasta	
8 months						Teething biscuits, cheerios, puffs
9 months		Steamed/soft Veggies and/or Stage 3	Stage 3 Fruits	Pea-sized chicken/turkey		
1 year					Whole milk	