



# Starting Solids Checklist

in partnership with



## Signs your baby is ready to start solids:

- Head control
- Sitting well when supported
- Becoming curious about food

**QUICK TIP!** Start by offering a small amount of food one to two times per day. It is perfectly normal for your baby to push food out of their mouth while they are learning to handle solids. Remember, your initial goal is to introduce your baby to the new tastes and textures of solid foods. Rest assured, even if they don't do much eating, breastmilk and/or formula will continue to provide your baby with the majority of nutrients they need for the first year of life.

## INTRODUCTION TO SOLIDS CHART

AGE	CONSISTENCY	WHAT?
6 months*	Smooth puree	Single Ingredient to start to introduce flavors and so your little one can learn to swallow puree
6-8 months	As soon as your baby is confidently eating purees, advance to a lumpier consistency.	Once your little one has tolerated a single ingredient you can begin to combine ingredients
8-10 months	When your baby is ready, begin introducing soft solid finger foods.	Fruits, cooked vegetables, legumes, grains, combination foods, and/or meat
10-12 months	Move to slightly firmer finger foods once your baby eats soft solids well	Fruits, cooked vegetables, legumes, grains, combination foods, and/or meat

\*the American Academy of Pediatrics recommends starting solids around 6 months, check with your pediatrician before you start solids.

## INTRODUCING FOODS TO YOUR BABY

New research shows there is no specific order in which food should be introduced, as long as it is in a texture your baby can handle. With that in mind, note the below are simply recommendations; you can choose to add these foods in whenever you feel your baby is ready and in a texture they can tolerate.

### Fruit

- Apple
- Avocado
- Banana
- Pear
- Apricot
- Mango
- Peach
- Plum
- Melon
- Kiwi
- Berries

### Grains

- Fortified infant cereal
- Barley
- Oatmeal
- Rice
- Buckwheat
- Millet
- Pasta
- Quinoa

### Meats

- Beef
- Poultry
- Fish
- Shellfish

### Vegetables

- Green beans
- Peas
- Sweet potato
- Squash
- Butternut
- Carrots
- Zucchini
- Kale
- Broccoli
- Beets
- Fennel
- Asparagus
- Peppers
- Cauliflower
- Eggplant
- Spinach
- Turnip
- Parsnip

### Dairy

- Breastmilk or formula
- Whole milk no-sugar-added yogurt
- Shredded or cubed cheese

## Examples of how to advance textures

### Apple

- o Puree: finely pureed applesauce
- o Lumpier puree: cooked, fork-mashed apples (with cinnamon!)
- o Soft solid: Peeled, baked apple strips baby can hold
- o Firmer solid: fresh apple strips, no skin

### Grains

- o Puree: Infant cereal
- o Lumpier puree: cooked rolled oats
- o Soft solid: over-cooked pasta
- o Firmer solid: toast strips (with thinly spread nut butter or hummus)

### Tips:

- o Before one year, try avoiding salt or sugar to your little one's food. Feed your baby fresh whole foods to get them used to natural flavors, or enhance these flavors with herbs, spices, and healthy fats.

- o If your baby is low risk for allergies, new research recommends allergens be introduced as early as six months, including peanut butter, eggs, fish, shellfish, soy, and dairy. Speak with your baby's pediatrician for more information.