



# Starting Solids

## A HEALTHY FEEDING PLAN

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 establishing 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 IS BABY READY FOR SOLIDS?

- ✓ Doubles birth weight and weighs at least 13 pounds.
- ✓ Seems hungry after 8 to 10 breastfeedings a day or drinks 32 ounces of formula a day.
- ✓ Lifts and supports head.

### BETWEEN NOW AND THE NEXT CHECKUP

Start feeding your baby some of the single-ingredient baby foods listed in the 1st Foods Schedule. Here are some basic guidelines:

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

## 1ST FOODS SCHEDULE

Product	Variety	Day One	Day Two	Day Three	Day Four+
Single-Grain Cereal	<input type="radio"/> Rice Cereal <input type="radio"/> Oatmeal <input type="radio"/> Barley Cereal	1 tablespoon plus breast milk, formula or water	2 tablespoons plus breast milk, formula or water	3 tablespoons plus breast milk, formula or water	4 tablespoons per serving
Single Vegetables 2.5 ounce jar portion	<input type="radio"/> Green Beans <input type="radio"/> Carrots <input type="radio"/> Peas <input type="radio"/> Sweet Potatoes <input type="radio"/> Squash	¼ Jar	¼ Jar	½ Jar	1 Jar
Single Fruits 2.5 ounce jar portion	<input type="radio"/> Applesauce <input type="radio"/> Bananas <input type="radio"/> Peaches <input type="radio"/> Pears <input type="radio"/> Prunes	¼ Jar	¼ Jar	½ Jar	1 Jar
100% Infant Juice Single-ingredient	<input type="radio"/> Apple <input type="radio"/> Pear <input type="radio"/> White Grape	1 fluid ounce	1½ fluid ounces	1¾ fluid ounces	2 fluid ounces

### SPECIAL INSTRUCTIONS

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## 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. Never force a baby to eat. They “listen” to their hunger cues and do not under- or over-eat.
- ✓ **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.

## GERBER FOODS FOR THE FIRST 2 YEARS

Product	When Is Baby Ready?	Which Foods Are Best?
<b>Cereal</b> 	<b>Introduce single-grain cereal when baby:</b> <ul style="list-style-type: none"> <li>○ Doubles birth weight and weighs at least 13 pounds</li> <li>○ Seems hungry after 8 to 10 breast-feedings a day or drinks 32 ounces of formula a day</li> <li>○ Lifts and supports head</li> </ul> <b>Introduce multi-ingredient cereals when baby:</b> <ul style="list-style-type: none"> <li>○ Has tried a variety of single-ingredient Gerber® 1ST FOODS baby foods</li> </ul>	<ul style="list-style-type: none"> <li>○ Start with Gerber rice cereal as the first food introduced</li> <li>○ Choose iron fortified infant cereal to help meet your baby’s need for iron</li> <li>○ Each serving of Gerber cereal provides 45% of the daily value for iron</li> <li>○ Cereal is an excellent first choice because it’s easy to digest</li> <li>○ Cereal consistency can be easily altered by varying the amount of liquid added</li> <li>○ Always feed from a spoon. You should not add cereal to a bottle</li> </ul>
<b>1ST FOODS</b> 	<b>Introduce 1ST FOODS when baby:</b> <ul style="list-style-type: none"> <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>
<b>Juice</b> 	<b>Introduce juices when baby:</b> <ul style="list-style-type: none"> <li>○ Has tried a variety of single-ingredient Gerber® 1ST FOODS baby foods</li> <li>○ Is ready to try drinking from a cup</li> </ul>	<ul style="list-style-type: none"> <li>○ Add vitamin C-fortified 100% juice to cereal to boost iron absorption</li> <li>○ Gerber offers a variety of ready-to-serve baby juices</li> <li>○ Juice is an easy way to teach new flavors and introduce variety but should not replace breast milk or formula</li> <li>○ Juice is a fun way to introduce drinking from a cup</li> </ul>
<b>2ND FOODS</b> 	<b>Introduce 2ND FOODS when baby:</b> <ul style="list-style-type: none"> <li>○ Sits independently</li> <li>○ Rolls over from back to front</li> <li>○ Can hold small object in hand</li> <li>○ Has tried a variety of single-ingredient Gerber® 1ST FOODS</li> </ul>	<ul style="list-style-type: none"> <li>○ Mixed ingredients, such as Garden Vegetable and Apple Blueberry</li> <li>○ Smooth-textured foods</li> <li>○ Protein dishes, such as meats and select Simple Recipe® dinners</li> </ul>
<b>3RD FOODS</b> 	<b>Introduce 3RD FOODS when baby:</b> <ul style="list-style-type: none"> <li>○ Learns to crawl and pulls self up to stand</li> <li>○ Mashes food with gums</li> <li>○ Begins to expand taste preference</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 such as Broccoli and Carrots with Cheese, Vegetable and Pasta Dinner</li> <li>○ Serve a variety to provide nutrition needed for healthy blood (iron), growth (zinc) and healthy gums (vitamin C).</li> </ul>
<b>FINGER FOODS™</b> 	<b>Introduce Finger Foods™ when baby:</b> <ul style="list-style-type: none"> <li>○ Has some upper and lower teeth</li> <li>○ Can stand alone and walk with some help</li> <li>○ Can easily pick up small objects with fingers</li> <li>○ Drinks from a cup with independence</li> </ul>	<ul style="list-style-type: none"> <li>○ Good source of iron and zinc</li> <li>○ Just the right size and shape for baby to grasp</li> <li>○ Easy to chew and swallow foods like Wagon Wheels™</li> </ul>
<b>GRADUATES®</b> 	<b>Introduce Graduates when baby:</b> <ul style="list-style-type: none"> <li>○ Walks with assistance</li> <li>○ Feeds self easily with fingers</li> </ul>	<ul style="list-style-type: none"> <li>○ Calcium fortified juices</li> <li>○ Microwavable main dishes</li> <li>○ Vegetable, fruit and mixed dices</li> <li>○ Just the right size, shape and texture</li> </ul>

Call the Parents Resource Center at 1-800-4-GERBER for answers to questions on feeding your baby or visit us at [www.gerber.com](http://www.gerber.com).

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