

RAISING ADVENTUROUS EATERS

with first foods

Now your baby is ready to be a true food explorer! This is the time to introduce many new flavors and textures. With practice, babies will accept these new foods and will ask for more. Simple modifications to family meals is a great way for your baby to build new skills and become an adventurous eater.



What Foods Do I Offer?

- Introduce small amounts of a wide variety of fruits, veggies, proteins, and grains in a rainbow of colors. Fruits and veggies have a low risk of allergic reactions and don't have to be introduced one at a time.
- For detailed information on introducing common high-allergen foods (dairy, egg, peanut, tree nut, soy, wheat, fish, shellfish, sesame), talk to your pediatrician and see the section on "Safe Eating Tips"
- It's critical to offer plenty of iron-rich foods like meats, legumes, fish, beans, tofu, green veggies, and iron-fortified cereals.
- Spices like cinnamon, pepper, curry, garlic powder, and fresh or dried herbs like basil and parsley are a great way to introduce more flavors.
- Continue offering foods many times in rotation. It may take babies 8-10 tries over multiple days or weeks to embrace the flavors of some foods like veggies.
- When using store-bought baby foods, select products with over 50% veggies or single-vegetable purees to help train babies' taste buds. Fruit and veggie blends may hide the flavor of veggies.



How Much Do I Offer?

- From 6-9 months, offer 3 meals per day at family mealtimes starting at 2-3 tablespoons of pureed (smoothly blended) or soft foods and gradually reaching about ½ a cup. Remember you are feeding responsively, so it's ok if your baby doesn't eat the full amount. Babies decide how much they'd like to eat and when they are full. See 1-4 month guide for more on Responsive Feeding.
- At this age, it is important that babies have enough hunger for the important calories, fat, protein, and other nutrients from breast milk and/or formula. Consider offering solid foods after or between breast milk or formula feedings.
- Respect your baby's hunger cues. When they turn their face, close their mouth when food approaches, and/or lose interest, they are likely done eating.

LOOK FOR THIS ICON

Partners dedicated to raising a generation of veggie lovers proudly display PHA's icon on their website



This guide is provided by:



To access more recipes and information about early feeding visit
dr.yumproject



RAISING ADVENTUROUS EATERS

with first foods



How Do I Offer Foods?

- Always supervise your baby during mealtime. Sometimes babies will gag when they sense a new texture in their mouth. If they are frequently gagging, try a smoother texture. With more practice and exposure, gagging often decreases.
- Put food in front of your baby on their tray or table to let them explore with their hands. This exploration, although messy, is an important step to encourage your baby to try new foods. It also supports brain and fine motor development.
- Adapt family meals by blending, fork mashing, or finely dicing soft foods. Strips of soft, “squishable” foods about the width of your pinky finger are perfect at this age too.



What About Drinks?

- Breast milk and/or iron-fortified formula feedings are still the main way that babies get nutrition and hydration.
- Offer a few small sips of water in a small open cup or straw cup so babies get used to the taste of plain water. Offer no more than 4 ounces of water per day.
- Babies under 12 months should not be offered juice or other beverages.



Boosting Feeding Development

- 1. ORAL MOTOR SKILLS:** Develop baby’s control and coordination for safe swallowing by providing a variety of purees they can eat from a spoon. Small, squishable pieces of finger foods can help them learn to bite and chew. As your baby tries new foods, you’ll often see them push the food out with the tip of their tongue. This natural “tongue thrust reflex” will slowly begin to go away in the next few months.
- 2. GROSS MOTOR SKILLS:** Position babies for feeding with support for the torso (chest, belly, and back). Once their knees bend over the edge of the high chair seat, they need a footrest for support.
- 3. FINE MOTOR SKILLS:** Providing soft pieces of food can help babies start to “rake” foods with their hands and hold larger strips in their fists. By 9-12 months, the raking grasp will turn into a pincer grasp where they precisely grab and release foods with their fingers.
- 4. COGNITIVE AND COMMUNICATION SKILLS:** Share conversations with your baby during mealtimes by asking questions and talking about the food you are eating together.
- 5. TASTE TRAINING:** Introduce the same food in different ways with different textures. Try boiling, blanching, steaming, roasting and adding different spices to veggies to make them more fun and interesting. Remember, it may take many exposures to a new food before your baby may appear to like it.

REMEMBER to share this information with anyone in your household or support system who will also be responsible for feeding your child.

FOR MORE EASY WAYS TO MODIFY FAMILY MEALS FOR YOUR NEWEST EATER, SCAN HERE.



The information contained in this guide should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

Contributors: Carmen Berry, MPH, RD, LD; Kofi Essel, MD, MPH, FAAP; Nimali Fernando, MD, MPH, FAAP; Rupa Mahadevan, MD, FAAP, ABOIM; Melanie Potock, MA, CCC-SLP

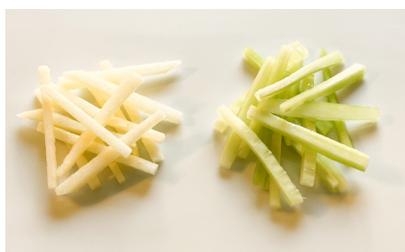


RAISING ADVENTUROUS EATERS with first foods

Keeping your baby safe while eating is a top priority. Here are safe eating tips to address some of the most common questions parents and caregivers might encounter from the start of introducing solid foods through the first year of your baby's life.

How to Serve Foods Safely

To determine if a food is safe for your baby to eat, ask yourself: Can baby break it down easily with just their gums? Is it easily squished between your finger and thumb? In addition to offering pureed or blended foods, here are 6 ways to cut soft and safe foods for baby:



MATCHSTICKS: Soft, fresh foods with skins removed and cut into small, manageable slivers (example: peeled fresh cucumber or apple)



HANDHELDS: Larger but very soft pieces held in baby's entire hand to explore and bite (example: chunks of roasted butternut squash)



SHREDDED: Offer moist, tender foods that pull apart easily into tiny shreds. (example: soft cooked ground beef or salmon)



SMASHED: A quick "smash" on a round food can prevent choking yet still allow baby to pick it up with ease. Smashed foods can also be presented on a preloaded utensil for self-feeding (example: cooked beans or soft sweet potato)



PINKY STRIPS: Soft, moist foods that baby can gnaw and still manage small pieces that break off. Tip! Roll in breadcrumbs to make the food less slippery for baby's grasp. (example: strips of roasted zucchini or avocado)



PEA-SIZED CUBES: Baby will rake up a few soft cubes at this age. Offer soft fresh foods or cooked foods, never offer hard cubes (e.g., hard cheeses) that could lodge in baby's airway if accidentally swallowed whole. (example: kiwi or soft melon)

What To Avoid Before 1 Year

FOODS: Some foods have a higher risk for food poisoning and severe illness in young children with developing immune systems. These foods to avoid include honey, deli meats (hot dogs, salami, bologna, deli turkey, etc.), raw or undercooked eggs or meats, and unpasteurized or raw dairy products or cheeses. Items with milk products should say "pasteurized milk" in the ingredient list on the label.

BEVERAGES: A baby's primary source of nutrition and hydration in the first year is breast milk and/or infant formula. Plain water may be introduced in small amounts starting at 6 months. Other types of beverages such as milk, juice, and sugar sweetened drinks should not be offered to babies under the age of 12 months.

This guide is provided by:



To access more recipes and information about early feeding visit
dr.yumproject



RAISING ADVENTUROUS EATERS

with first foods



Choking vs Gagging: Keeping an Eye on Baby

- Gagging is nature's way of trying to protect your baby's airway. For babies who are just starting solids, gagging is a natural response to new tastes, new textures, and subtle temperature changes.
- A choking child may appear panicked, wide-eyed with an open mouth and drooling, and progressing to bluish skin in or around their lips, gums, fingernails, or eyes. Audible gasps, faint noises, or wheezing may be detected, but typically there is little sound because the airway is blocked. Ask your pediatrician about CPR training in your area before starting solid foods with your baby.
- Common food choking hazards to avoid: whole nuts and seeds (peanuts, sunflower seeds, almonds), hard uncooked vegetables (carrots, celery), round foods (whole blueberries, grapes, or beans), popcorn, hot dogs, hard fresh fruit (chunks of apple), large chunks of cheese (string cheese), spoonfuls of nut and seed butters (undiluted peanut butter), candy (hard candy, jelly beans, fruit snacks).



Pacifier and Feeding Development

- During the first 6 months, pacifiers are helpful for soothing and decreasing the chance of SIDS, the sudden, unexpected and unexplained death of an apparently healthy baby. Extended use may lead to feeding and swallowing problems and can pose a safety risk. It could even impact your baby's facial development.
 - ◇ Stop daytime use of the pacifier by 6 months of age to avoid mouth injuries from falling with a pacifier in the mouth.
 - ◇ Stop using a pacifier for naps/nighttime around 12 months. This will help them develop a mature swallow pattern to safely advance to a variety of textured foods.

Top 9 Food Allergens



Peanut



Eggs



Milk



Wheat



Soy



Tree nuts



Fish



Shellfish



Sesame



Food Allergens

Any food can cause a food allergy. However, these 9 foods are responsible for 90% of food allergies in babies. Between 6-12 months, one by one, introduce these 9 food allergens including dairy, egg, peanut, tree nut, soy, wheat, fish, shellfish, and sesame. Research shows that early exposure, and continued regular exposure, helps to reduce the risk of developing severe food allergies.

**Talk to your pediatrician if you have concerns about introducing these foods or if you have a family history of food allergies.*

- Make these foods baby friendly. For example, take a teaspoon of smooth peanut butter and dilute it in a teaspoon or more of warm water so it is not as sticky and thick, which could be a choking hazard
- Ideally, pick a time when your baby will be awake for about two hours so that you can monitor for reactions. Wait at least two to three days between introducing new allergenic foods and watch for symptoms such as:
 - ◇ Skin: rash; itching; swelling of lips, tongue, face
 - ◇ Color change: bluish, flushed, or pale color. For babies with darker skin, look for color changes in the lips, gums, tongue, and/or fingernails.
 - ◇ Lungs: coughing, wheezing, trouble breathing
 - ◇ Digestive system: vomiting, diarrhea
 - ◇ Nervous system: drowsiness

Call your baby's doctor with any mild symptoms such as rash or itching. Call 911 or visit the emergency room for any severe reactions.



There is currently no exact science on food allergen exposure. This guidance is based on current available research and our professional consensus. The information contained in this guide should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

Contributors: Carmen Berry, MPH, RD, LD; Kofi Essel, MD, MPH, FAAP; Nimali Fernando, MD, MPH, FAAP; Rupa Mahadevan, MD, FAAP, ABOIM; and Melanie Potock, MA, CCC-SLP

RAISING ADVENTUROUS EATERS

with first foods

Food Allergen Exposure Chart

When first introducing the following 9 high-allergen foods, give 1-2 teaspoons of any one high-allergen food for 2-3 days before moving on to the next high-allergen food. Record the date you presented the food in the blocks below. Use the notes section to write down some of the ways you explored these foods or how your baby responded.

See the previous page for signs of food allergy and how you should respond.

Food	Day #1	Day #2	Day #3	Examples
 Peanut	Date _____ Tsp. _____	Date _____ Tsp. _____	Date _____ Tsp. _____	Smooth peanut butter (with no added sugar) thinned with water, breast milk or formula
 Eggs	Date _____ Tsp. _____	Date _____ Tsp. _____	Date _____ Tsp. _____	Thoroughly cooked scrambled or smashed boiled eggs, baked foods with eggs
 Milk	Date _____ Tsp. _____	Date _____ Tsp. _____	Date _____ Tsp. _____	Full-fat yogurt (with no added sugar), finely shredded cheese
 Wheat	Date _____ Tsp. _____	Date _____ Tsp. _____	Date _____ Tsp. _____	Mixed grain cereals thinned with formula or breast milk, whole wheat toast
 Soy	Date _____ Tsp. _____	Date _____ Tsp. _____	Date _____ Tsp. _____	Soft, smashed tofu, pureed or smashed edamame
 Tree nuts	Date _____ Tsp. _____	Date _____ Tsp. _____	Date _____ Tsp. _____	Smooth nut butter (with no added sugar) thinned with water, breastmilk or formula
 Fish	Date _____ Tsp. _____	Date _____ Tsp. _____	Date _____ Tsp. _____	Low-mercury fish (like tilapia, salmon, or trout) cooked & finely flaked with bones removed
 Shellfish	Date _____ Tsp. _____	Date _____ Tsp. _____	Date _____ Tsp. _____	Very finely chopped shrimp, crabmeat, lobster or crawfish, mixed with a small amount of puree for easy swallowing
 Sesame	Date _____ Tsp. _____	Date _____ Tsp. _____	Date _____ Tsp. _____	Tahini paste (sesame puree) thinned and mixed with other purees, hummus with tahini

ONCE THE 3 DAYS ARE COMPLETE, MAKE SURE TO CONTINUE FREQUENT EXPOSURE TO EACH OF THESE HIGH-ALLERGEN FOODS AT LEAST 2 TIMES A WEEK OR MORE.

Notes _____
