

INFANT AND TODDLER GUIDELINES

Pedi Med Center

REMEMBER. Do all food items at one time and for a week. This will allow you to tell if there are any food allergies or adverse reactions. If there is a question or problem, discontinue the food item at once.

ALWAYS AVOID.....FISH, STRAWBERRIES, EGG WHITES, WHOLE MILK, PEANUTS OR PEANUT BUTTER, AND HONEY!

Begin at the end of three months:

Start cereals first. Begin with rice cereal. Give 2-4 teaspoons mixed with formula once daily for a week.

Four Months:

Start with Stage 1 baby food.

Green vegetables first. Green beans, peas, spinach, and garden vegetables

- First day give 1/2 jar
- Second day give 1/2 jar
- Third day give 1 full jar and continue for one week.

Follow this schedule to complete all green vegetables.

Five months:

Begin the yellow vegetables. Carrots, sweet potatoes, squash, and mixed yellow vegetables.

- First day give 1/2 jar
- Second day give 1/2 jar
- Third day give 1 full jar and continue for one week

Six months:

Begin fruits. Bananas, applesauce, peaches, pears...etc.

- First day give 1/2 jar
- Second day give 1/2 jar
- Third day give 1 full jar and continue for one week

ALWAYS REMEMBER-DON'T MIX TWO NEW FOODS AT ONE TIME.

AVOID**STRAWBERRIES, FISH, EGGS, WHOLE MILK, PEANUTS, AND HONEY!!

****At the end of 6 months, start baby stage II foods and increase to 2 jars daily.**

Seven months:

Meats. We recommend meat and vegetable mix dinners or you may mix meat with yellow or green vegetables yourself. Most children will not eat meats alone. Start with chicken, turkey, beef, veal, pork, and ham. If using table food be sure to grind well.

Nine months:

Baby should be on Stage III foods or table foods and consuming around 3 jars daily.