

Drs. Roth, Rotter & Laster

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Starting Solids

	Breakfast (7a)	Lunch (noon)	Dinner (5p)
6 months	Rice cereal mixed with applejuice, if nursing, or formula. Start with 1T thin mixture and increase to 1/2 cup. Thicken as baby tolerates.*		Same as breakfast
7 months	Add oatmeal and barley cereal for variety	Vegetables, 1/2 cup of anything . Vary daily. Mash with some lumps.	Same as breakfast
7 1/2 months	Add 1/2 cup of any fruit to the cereal.	Yogurt, fruit or plain	Same as breakfast
8 months	Any baby cereal	Meat, fish, whole eggs	Same as breakfast
9 months	Continue with baby cereal if baby agrees, otherwise any breakfast food.	All foods, except jar honey. Move to pieces of adult foods.	Pieces of your dinner.

If baby is breast fed, nurse before feeding solids at each meal. If bottle fed, feed solids first and follow with formula. Add **Bamba** at 6 months. Use formula until 12 months.

* Substitute crumbled cake made with baked milk and eggs for cereal 3x/week.