

# Healthy First Foods for Babies



MILK



EGGS



FISH



SHELLFISH



TREE NUTS



PEANUTS



WHEAT



SOY

## ALLERGENIC FOODS

### + READINESS:

- + We recommend waiting until your baby is between 5-6 months old to start feeding them solids.
- + Start when your baby can sit up with support and shows an interest in food.

### + OFFER:

- + A variety of foods. Focus on vegetables, proteins and allergenic foods.
- + Meats if your family eats them.
- + Eggs, nuts, peanut butter, fish, shellfish, sesame (hummus) as one of baby's first foods to help avoid allergies.
- + 3 servings of peanut butter per week (2 teaspoons peanut butter mixed into puree).
- + Water in a sippy cup with each meal.
- + Offer baby what the family is eating. Soups and stews can be easily mashed or pureed.

### + TIPS:

- + A portion size for an infant is 1-2 tablespoons.
- + Babies may need to try a new food up to 20 times to get used to the flavor.
- + Eat as a family. Model healthy eating for your baby.

### + THINGS TO AVOID:

- + Honey, juice, milk
- + Sugary foods, processed foods

### + FOOD IDEAS:

- + Vegetables: Green beans, squash, peas, sweet potatoes, carrots, avocado
- + Proteins: Eggs, beef, chicken, fish, pork, beans, tofu, cheese, nuts, nut butters
- + Dairy: Yogurt, cheese
- + Fruits: Melon, banana, apples, pears, peaches, berries, mango, kiwi
- + Carbohydrates: Potatoes, rice, bread, crackers, quinoa, oatmeal, beans, corn