

# Eating New Foods...

## Eating Solid Foods...



## ...When Do You Give What?

1. Babies can begin to eat solid foods when they are 4-6 months old
2. The first foods should be mashed or pureed so they are easy to swallow
3. Finger foods like crackers are good to give around 7-8 months when your baby is teething
4. Table foods can be given when your baby is between 9 and 12 months old  
- make sure it is finely chopped
5. There are some things to keep in mind when your baby starts to eat solid foods:
  - Introduce one new food at time (for about 4-7 days) when your baby is hungry
  - Never mix food into formula in a bottle
  - As your baby starts to eat more solids, make sure you cut back on the milk (no more than 24 ounces of milk a day after the age of one)



Alabama Department of Rehabilitation Services  
Children's Rehabilitation Service