# Introducing Your Infant to Solids

## When to Start

Begin to offer solids when your baby is 6 months old and can do **ALL** of the following:

- Sit up and hold head steady
- Put fingers or hands in mouth when they see food
- Turn head away from food when full
- Close lips over a spoon, keep food in mouth, and swallow

Try some family foods when babies:

- Grab and use a spoon
- Bring food to their mouth
- Use forefinger and thumb to pick up small pieces

## What to Offer

- Start with single ingredient foods
- Wait *2-3 days* between each new food
- Offer a variety of foods including fruits, vegetables, yogurt, and foods rich in iron and zinc such as meat, egg yolk, and beans.

Always offer food with a spoon. **Never** put anything other than breastmilk or formula in the bottle.

## What to Avoid

- **Never** give an infant under 1 year of age honey or cow's milk.
- Check with your doctor if there is a family history of food allergies to see what foods to offer your baby.
- Avoid foods that can be a choking hazard such as nuts, nut butters, grapes, popcorn, and raw carrots should be until 3 years of age.

Provided to you by the Pima County Health Department
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