

recommend an iron supplement of 1 mg/kg/day until iron-rich complementary foods are introduced.

## Formula

- Iron-fortified commercial formula is a complete food for the first half of the first year.\*
- Requires fluoride supplements (0.25 mg) when the concentration of fluoride in the drinking water is below 0.3 ppm after 6 months old.
- Evaporated milk formula requires supplements of vitamin C, iron, and fluoride (in accordance with the fluoride content of the local water supply after 6 months old).

## 4 to 12 Months Old (Solid Foods)

- May begin to add solids by 4 to 6 months old.
- First foods are strained, pureed, or finely mashed.
- Finger foods such as teething crackers, raw fruit, or vegetables can be introduced by 6 to 7 months old.
- Chopped table food or commercially prepared junior foods can be started by 9 to 12 months old.
- With the exception of cereal, the order of introducing foods is variable; a recommended sequence is fruit, then vegetables, and then meat.
- Introduce one food at a time, usually at intervals of 4 to 7 days, to identify food allergies.
- Introduce solids when the infant is hungry.
- Begin spoon feeding by pushing food to back of tongue because of infants' natural tendency to thrust the tongue forward.
- Use a small spoon with a straight handle; begin with 1 or 2 tsp. of