

food; gradually increase to 2 to 3 Tbsp. per feeding.

- As the quantity of solids increases, decrease the quantity of milk to prevent overfeeding. Limit formula or milk to approximately 960 ml (32 oz) daily and fruit juice to less than 180 ml (6 oz) daily.
- Never introduce foods by mixing them with the formula in the bottle.

Cereal—Start at 4 to 6 Months Old

- Introduce commercially prepared iron-fortified infant cereals and administer daily until 18 months old.
- Rice cereal is usually introduced first because of its low allergenic potential.
- Parents can discontinue supplemental iron when iron-fortified cereal is given.

Fruits and Vegetables—Start at 6 to 8 Months Old

- Applesauce, bananas, and pears are usually well tolerated.
- Avoid fruits and vegetables marketed in cans that are not specifically designed for infants because of variable and sometimes high lead content and addition of salt, sugar, or preservatives.
- Offer fruit juice only from a cup, not a bottle, to reduce the development of early childhood caries. Limit to 4 ounces per day or less.

Meat, Fish, and Poultry—Start at 8 to 10 Months Old

- Avoid fatty meats.
- Prepare by baking, broiling, steaming, or poaching.
- Include organ meats such as liver, which has a high iron, vitamin A, and vitamin B complex content.