



My Baby's First Foods

Solid foods for babies

- Infant cereal
- Mashed fruit or vegetables
- Yogurt
- Juice



Solid foods for babies are any foods or beverages other than breast milk or formula.

Signs baby is ready for solid foods

- Can sit with support in your lap or a highchair.
- Can hold his head steady.
- Opens his mouth when he sees the spoon.
- No longer pushes food out of his mouth with his tongue.



Reasons babies do not need solid foods until about six months old

Babies:

- Receive all the nutrition they need from breast milk or formula until about six months old.
- Are not physically ready to eat or digest anything other than breast milk or formula until about six months old.
- Given solids too early may be at higher risk for developing allergies or diabetes.

