

Many new parents wonder when their babies should begin eating solid foods. This guide will help you see the approximate age and order to introduce cereals and solid foods. These are general guidelines and are not requirements. Consult your physician with further questions.

Order of Introduction	Breast Milk or Infant Formula	Infant Cereal	Vegetables	Fruits	Meat & Alternative	Dairy Product & Eggs
Birth to 4 Months Old	Nursing on demand or up to 32 oz. of formula daily.	None	None	None	None	None
4 to 6 Months Old	Nursing on demand or up to 24 to 40 oz. of formula daily.	Introduce rice cereal. Feed cereal from a spoon and not a bottle. Once accepted, introduce Oatmeal. 4 to 8 Tbsp. (in mixed form) daily or 2 to 4 Tbsp. (in mixed form) twice daily.	None	None	None	None
6 to 7 Months Old	Nursing on demand or up to 24 to 32 oz of formula daily.	Try mixed cereals only if single grain cereals did not cause any problems. Try cereals with fruit. 3 to 5 Tbsp. (in mixed form) twice daily.	Start with strained yellow vegetables, such as carrots, sweet potatoes, or squash. Then progress to darker vegetables, such as peas, green beans, and beets. 3 to 4 Tbsp. daily.	Strained fruit such as apples, pears, or peaches. 3 to 4 Tbsp. daily.	None	None
7 to 9 Months Old	Nursing on demand or up to 24 to 32 oz. of formula daily.	Continue with infant cereal, 4 to 5 Tbsp. twice daily. Your baby may begin teething. Try giving finger foods, such as teething biscuits or unsalted crackers.	Cooked and mashed vegetables, such as carrots or peas. 3 to 4 Tbsp. daily.	Mashed fruit, such as ripe bananas, plums, or apricots. 4 to 6 Tbsp. daily.	None	None
9 to 12 Months Old	Nursing on demand or up to 18 to 21 oz of formula daily.	Continue with infant cereal. 8 to 10 Tbsp. daily. Introduce bread, rice, and pasta.	Cooked (mashed or diced) vegetables. 6 to 8 Tbsp. daily.	Soft pieces of raw or cooked fruit-peeled, seeded, and chopped. 7 to 8 Tbsp. daily. Avoid berries and citrus until 12 months old.	Minced or diced cooked meat, chicken, tofu, or mashed beans. 4 to 8 Tbsp. daily. Avoid peanut butter until 12 months old.	Fruit-flavored yogurt, cottage cheese, diced hard cheese and hard-cooked egg yolk. Avoid egg whites until 12 months.