



## ***Vegetables, Fruits and Meats***

**Around 6 months of age, I am ready to try baby foods, starting with plain vegetables, fruits and meats with smooth textures.**

- Start giving me baby foods with any feeding. Always use a baby spoon. I like to eat with my family at mealtime.
- Once I learn to eat one food, gradually give me other foods. Wait a couple of days between new foods.
- After each new food, watch for any allergic reactions, such as diarrhea, rash or vomiting. If any of these occur, stop using the new food and call my doctor.
- When you buy baby food, choose single-ingredient vegetables and fruits. You also can give me baby food meat, which is a good source of iron and zinc.
- I may not like a new food the first time I have it. Keep trying – I might need to try a new food many times before I like it.

**Choose healthy foods. I need them to grow right. Here are some good ones to start with:**

- Baby cereal – rice, oatmeal, barley
- Meats – beef, chicken, turkey
- Vegetables – squash, peas, carrots, sweet potatoes, green beans
- Fruits – applesauce, bananas, pears, peaches

# Helpful Hints

- Let me decide how much food or formula is enough. Some days I will eat more because I'm having a growth spurt.
- Start helping me drink from a cup when I am 6-months-old.
- Listen for the "pop" when you open new jars of baby food. If it doesn't pop, it has been opened before. Throw it out.
- Feed me a small amount of baby food from a dish, not from the baby food container. Germs from my mouth can spoil the food.
- Throw out any food left in the dish at the end of the meal. Use refrigerated baby food within two or three days.
- I don't need salt, sugar or butter added to my foods. My tastes are different from yours.



## How much should I be eating?

This is a suggested daily guide. I may not eat this much or I may eat more.

### 6 to 8 months of age

Nurse or give formula (6 to 8 ounces) in four to six feedings.

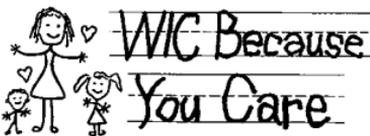
Start to offer breast milk or formula in a cup.

Infant cereal – One or two tablespoons twice a day

Vegetable – Three or four tablespoons daily

Fruit – Three or four tablespoons daily

Meat – One or two tablespoons daily



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