

Beginning Feeders

Ages 0-6 months

This is a Special Time in Your Baby's Life

During the first 4-6 months of life, breast milk and/or formula are the best foods to support a baby's nutrition and hydration needs that aid development during this age. Introducing solid foods before four months of age is not recommended and may actually be harmful to your baby's health. Solids at too young an age may not reach your baby's nutritional needs.

Recommended Calorie Intake Per Day

Males 1-3 months: 472-572

Males 4-6 months: 548-645

Females 1-3 months: 438-521

Females 4-6 months: 508-593

Professional Recommendations

The American Academy of Pediatrics and the dietary guidelines for Americans recommend introducing foods other than breast milk or infant formula to infants when they are about six months old.

What are some signs that your child may be ready for solids?

1. Has good head and neck control
2. Can sit up without much support
3. Brings objects and hands to mouth
4. Tries to grab small object or food.

***Always check with your baby's healthcare provider before introducing solids to your baby's diet.**