



مركز كليمنصو الطبي
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AFFILIATED WITH **JOHNS HOPKINS** INTERNATIONAL



Introduction Of Solid Foods for Infants

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Organization accredited by the
Joint Commission International

Age	Food Types	Portion Size	#of feedings/- Day	Description/Texture	Developmental of feeding Skills
0-4 Mths	Breast milk or infant formula	60-120 ml	8-12	Liquid	Sucks and swallows liquids.
4-6 Mths	Breast milk or infant formula	180-240ml	4-6	Texture: Liquid to smooth texture	Texture: Liquid to smooth texture.
	Infant cereal	1-2 tablespoons	1-2	Iron-fortified infant cereal. You can mix the cereal with your breast milk, or formula (if you've already introduced formula to your baby) until it is a thin consistency. Note: Since most breastfeeding babies' iron stores begin to diminish at about six months, good first choices for solids are those rich in iron.	Begins up-and-down munching movement. Opens mouth for the spoon Moves food to the back of the tongue to swallow: - Sits with support - Good head control - Uses whole hand to grasp objects
6-8 Mths	Breast milk or infant formula	180-240ml	3-5	Texture: Pureed/minced	- Begins to sit alone without support.
	Infant cereal	2-4 tablespoons	2	You may start offering some breast milk or formula in a cup.	
	Fruit	2-3 tablespoons	1-2	Offer different kinds of pureed fresh fruits (skinless pear, skinless apple, banana, skinless peach...).	- Begins to use a pincer grasp to pick up food. Drinks from a cup (dribbles) held by adult.
	Vegetable	2-3 tablespoons	1-2	Offer pureed, soft, and cooked, small pieces of vegetables mashed up with a fork or as finger food (potato, sweet potato, carrots, zucchini, and broccoli).	You can introduce as finger foods at the age of 8 months.
	Meat alternatives or beans	1-2 tablespoons	1-2	Use plain, strained, pureed or baby meats/beans. (Green beans, egg yolk, chicken, lean meat, lamb, beef, turkey...).Do not use multiple ingredients, and avoid meats high in nitrate and salt such as processed meats and bacon.	
	Crackers	2 tablespoons	1	Give unsweetened soft crackers designed for infants. May be used as finger foods.	
8-12 Mths	Breast milk or infant formula	180-240 ml	3-4	Texture: chopped/diced/small cooked pieces Offer in a cup.	Rotary chewing
	Infant cereal, Bread,Crackers,or pasta	2-4 tablespoons 1/2 slice, 2 crackers, Or 3-4 tablespoons	2	Soft texture.	Begins to put spoon in the mouth
	Fruit or vegetable	3-4 tablespoons	2-3	Offer more finger foods and less mashed food. (Chopped banana, diced well cooked potatoes.)	Begins to hold cup Eats chopped foods and small pieces of soft-cooked table foods

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8-12mths	Meat/meat alternatives or beans	3-4 tablespoons 1/4 cup	2	Make sure meats and beans are soft and cut into small pieces. Do not offer large chunks. (Chicken, egg yolk, turkey, beef, lamb, beans, lentils, chickpeas...)	Begins self-spoon feeding
	Cheese	15 g (1/2 slice)	1	Soft cheese.	
	Labneh			Can be introduced at the age of 10 months	

Recommendations:

- Exclusive breastfeeding is recommended for approximately 6 months and continued for at least 12 months
- Complementary foods should be introduced at no earlier than 4 months, and preferably at around 6 months (correcting age for prematurity), when the infant shows developmental signs of readiness.
- Honey should not be given to infants less than 1 year of age because of the risk of botulism spores.
- Milk such as cow's, goats, rice, or soy milk—other than specifically designed for infants—is not appropriate before 1 year of age.
- Nonfat milk is not recommended for children younger than 2 years.
- Do not add sugar or salt.
- Avoid spicy foods.
- Avoid tea, herbal teas, coffee, chocolate drinks, and carbonated beverages.
- Don't offer artificial sweeteners.
- Don't force-feed your baby.
- Begin introducing the cup at approximately 6 months of age, and complete weaning by 12 to 14 months of age.

- Healthy babies do not need extra water. Breast milk, formula, or both provide all the fluids they need. However, with the introduction of solid foods, water can be added to your baby's diet.
- Babies younger than 12 months should not be given juice
- Don't offer items that may cause choking (popcorn, peanuts, raisins, raw fruits/vegetables, uncut/stringy meats, or hotdog pieces).
- Introduce one single-ingredient food at a time. Wait 3 to 5 days before introducing another new food to allow for the observation of an adverse reaction to the food.
- Introduce allergy-causing foods, such as egg white, dairy, soy, peanuts, or fish, after 1 year of age.

Together we can make a difference. Talk nutrition; talk to a dietitian!!

For any questions or clarifications do not hesitate to ask your pediatrician or can call the dietary department at 01/372888 ext.:1567.