

Starting Baby on Solids

AGE

YES!

NO!

Babies 0 to
1 Year

Breastmilk, formula or a combination
of breastmilk and formula

Honey - contains botulism spores
Cow's milk- hard to digest

Babies 5 to
6 Months

Start solids but continue breastmilk or
formula (24 to 36oz daily)
Vegetables & fruits (grains with caution)
About 2 to 8 tablespoons of purees daily
**Add 1 teaspoon of butter, olive oil, or
coconut oil per serving**
Add herbs & spices (cinnamon) for
flavoring
Always follow the 4 Day Rule
No more than 2oz of water per day!

Leafy greens- excessive nitrates can
cause tummy issues

No soy milk- estrogenic

Babies 7 to
8 Months

Yogurt- full fat
Egg- yolks only

Sugar
Egg white- too much protein

**ALL BABIES ARE VEGETARIANS UNTIL THEY ARE 9 MONTHS
WHEN MEAT & FISH MAY BE INTRODUCED**

Babies 9 to
12 Months

Introduce meat, fish, and grains (always
soak grains overnight before cooking)
No more than 6oz of milk per serving
Baby should be eating 3 meals
plus snacks daily

**Babies after 12
months enjoy
everything!**

*Be aware of individual
food sensitivities.*

(Consult your pediatrician
with any concerns)



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