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Introducing Solids

Signs of readiness for solids are developmental.
Baby should be about 6 months old and be able to:

- Sit up without support
- Teething - tooth getting ready to erupt
- Lost the tongue-thrust reflex
- Have the rake grasp – can use the palm to bring something closer

When

- One hour after nursing, sit baby by the table covered with a full bib
- You can spoon feed baby or offer a soft vegetable or fruit for him/her to feed himself. This is very messy but rewarding.
- If you feed baby, offer 1 tablespoon of a pureed vegetable or fruit mixed with breast milk

Foods to start with:

- Offer one food at a time with a few days in between.
- Fruits: bananas, papaya, avocado. Eventually add: apples, pears, peaches
- Vegetables: cooked sweet potato or squash. Eventually add carrots, green beans, broccoli, spinach, kale, peas, zucchini. Puree kale and spinach. All vegetables cooked and soft.
- Start with 1 tablespoon of a pureed vegetable or fruit. Observe for signs of allergies (see below). Offer same food item for 1-2 days.
- Increase the serving size according to appetite. Add another vegetable or fruit every few days.
- Gradually offer solids twice a day and eventually three times a day
- Continue nursing offering the breast first and solids second until 1 year.
- **After a year** – offer solids first and the breast second
- Continue to puree some foods up to age two.
- Offer soup, casseroles, fruit and green smoothies. Put fruit in casseroles.
- Try to nurse up to 18-24 months until baby's immune system is more mature
- Milk feedings (other than human milk) are not necessary after 24 months when all the teeth are in.
- Offer nut milk only with meals. Discourage milk in a bottle after baby is weaned from the breast.
- Increase the amount of vegetables. Offer variety.
- No need to give cow's milk at all. Cook with nut milk instead.



- Offer water instead of juice – No Juice!

Suggested food for the 6-9 Month Old

- Banana or avocado mashed with breast milk
- Peeled, pureed fresh fruit. (apples, pears, peaches, papayas)
- Alternate fruit feedings with vegetables: Cook vegetables in pressure cooker or steam and puree.
- Vegetables to offer: sweet potatoes, squash, green peas, carrots, zucchini, string beans, asparagus, artichoke hearts. All vegetables should be cooked, not raw.

Suggested foods for the 9-12 month old:

- All steamed and pureed fruits and vegetables: (peas, corn, carrots, string beans, asparagus, squash, sweet and white potatoes. Apples, bananas, mangoes, pears, peaches, papayas.)
- Raw organic seeds (sunflower, flax, sesame, pumpkin seeds ground into powder or butter and mixed with pureed fruit or vegetables. You can add chia seeds not ground. Then you can then try ground almonds, walnuts and cashews.
- Cooked and blended grains: brown rice, millet, steel-cut oats, quinoa (stew with water, blend until smooth). Can be mixed with mashed fruit.
- All of the above can be mixed with breast milk.
- Frozen milk “momsicle” – can make this with pureed fruit and breast milk

FOODS TO AVOID UNTIL FIRST BIRTHDAY per Dr. Joel Furhman

- Eggs, cows milk, fish and other seafood, meat, cheese, butter, oils, wheat, strawberries, oranges, grapefruits, fruit juice, sweeteners, honey, peanuts and processed foods with additives or salt.

After First Birthday:

- Blended vegetable bean soups

After Second Birthday, no need to blend bean soups.

Foods with potential allergies: except for honey there foods do not have to be avoided.

- Honey – **wait one year to avoid botulism**
- Gluten (all wheat products)
- Eggs
- Flesh foods
- Nuts
- Dairy
- Soy



- Offer allergenic foods in trace amounts (1/4 tsp.) once/week or every other week
- A trace amount adds tolerance
- Allergic response: *flushing, gassiness, bloating, rash, crying, blood in stool*

Recommended reading: Disease Proof Your Child by Joel Fuhrman

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