



## The very first Yummy Spoonfuls: The first four weeks of solid food

Always check with your child's pediatrician before feeding solid foods to your child. This is a template and is for informational purposes only.



### Is my baby ready for solid food?

Babies have different developmental milestones. Some babies are able to start eating solid foods as early as four months and others after six months. Typically, this can commence when your baby has doubled his/her birth weight, can sit up alone, opens his/her mouth when you are eating, and does not spit out food.

### Are there any foods particularly good for first spoonfuls?

Pediatricians largely recommend iron fortified single grain rice cereal since it is easily digestible and gluten free. It is less likely to cause an allergic reaction and can easily be mixed with breast milk to a thin consistency that meets baby's need. Gluten free foods such as pureed organic carrot, pureed organic potatoes, or pureed organic apples, make excellent first food choices. Whatever first food you choose to start your child on, remember to mix it with your baby's regular milk or boiled water to a watered-down creamy texture. This will facilitate easy sucking of the food on the spoon by the baby.

Starting your baby with vegetables instead of fruits is a good habit. It starts them on the road to a life-long love of veggies.

**Remember, your breast milk or formula still provides all the nourishment needed at this stage.**

Week One	Week Two	Week Three	Week Four
<p><b>Day 1 &amp; 2:</b> Dip the tip of baby's spoon into a single grain organic cereal and put in baby's mouth. Do this after ONE of baby's milk feedings (breast or bottle) for 2 days and watch baby's reaction</p> <p><b>Day 3 &amp; 4:</b> Again after one of the usual milk feedings offer baby 1 or 2 teaspoonfuls of cereal (as a rule use the same food item for 4 days).</p> <p><b>Days 5-6:</b> Continue the usual milk feedings then offer about 2-4 teaspoons of cereal after one feeding. Always choose a time that is most relaxing for the both of you.</p> <p><b>Day 7:</b> Offer 2-5 teaspoons of cereal after one of the usual feedings</p>	<p>Start offering baby solids 1 or 2 times a day along with usual milk feedings. The meal times can be breakfast and lunch or breakfast and dinner whatever times that is comfortable for you and the baby.</p> <p><b>Meal 1:</b> (breakfast or lunch ) Usual milk feeding plus 2-5 teaspoons of solid food.</p> <p><b>Meal 2:</b> (lunch, snack or dinner) Usual milk feedings ( plus 2-5 teaspoons of solid. Here you can introduced a new single ingredient food item in addition to the week one cereal (see choices below). Mix it with your baby's regular milk or boiled water to a watered-down creamy texture.</p>	<p>By week three baby should be able to eat 2 solid meals consisting of about 5-10 teaspoon each feeding. This should be in addition to the usual milk feedings.</p> <p><b>Meal 1:</b> (breakfast, snack or lunch time) Milk feeding plus 5-10 teaspoons of solid food.</p> <p><b>Meal 2:</b> Milk feeding plus 5-10 teaspoons of solid.</p>	<p>By the 4th week baby is ready for 3 solid meals per day (do not be distressed if your baby is not ready yet, babies have different paces). Usual milk feedings plus 2-3 solid meals.</p> <p><b>Meal 1:</b> (breakfast) milk feed plus 5-10 teaspoons of solid.</p> <p><b>Meal 2:</b> (lunch ) Milk feed plus 5-10 teaspoons of solid</p> <p><b>Meal 3:</b> (dinner) Milk feed plus 5-10 teaspoons of solid</p>



Organic Pureed Peas



Organic Pureed Potato



Organic Pureed Butternut Squash

### Why Organic ?

Health professionals believe it is safer to feed babies a diet that is organic due to the negative and at times long lasting effects of small doses of pesticides and other agricultural chemicals.

Yummy Spoonfuls has a wide range of fresh, organic Creamy Yummy choices to start your baby on solid foods - here are just a few examples.

Check out [www.YummySpoonfuls.com](http://www.YummySpoonfuls.com) for the full selection.

### How much food should I give the baby?

There is really no rush during the first few weeks of solids. It is all about introducing your baby to a completely new concept of feeding (eating from a spoon) and not the quantity consumed. Until this point, food to your baby had always been a continuous flow. Your baby also starts experiencing new tastes and textures of foods other than milk. Remember, baby's milk is still the main source of nutrients at this stage.

### What about allergies?

It is important that you share your family's history of allergies with your child's pediatrician. This might help avert some misdiagnosis that might well be allergy related. The good news is that most children usually outgrow their allergies as early as age 1. We often overlook the fact that when nursing, all that we eat directly affects our child.

### Common allergy triggers:

- Cow's milk
- Peanuts
- Egg whites
- Wheat
- Seafood

There are common allergy symptoms like running nose, vomiting, itching, swelling etc. But there is also an often overlooked indicator that parents are not usually looking for such as a tiny streak of blood in baby's stool.

**All Yummy Spoonfuls products are Dairy & Gluten-Free**