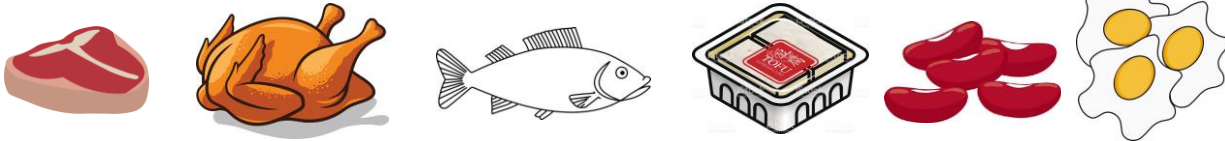


## Your Baby can Start Solid Foods at 6 Months!

Let your baby take the lead with eating. Let your baby touch her food.  
A baby will eat when he is hungry and stop when he is full.  
Wait 3 days between trying new foods.

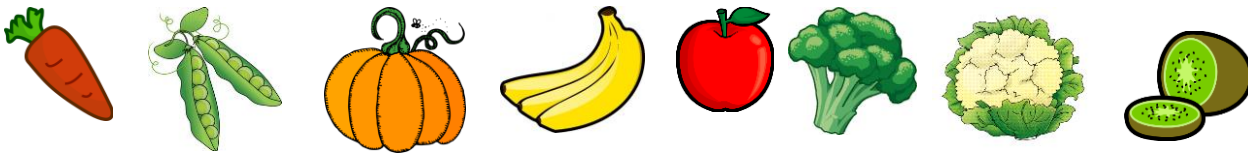
### At 6 Months: Offer Infant cereals & Other Foods High in Iron

Try PUREED beef, pork, chicken, fish, tofu, lentils, beans, egg yolks



ONLY  
Egg  
Yolk  
NO Egg  
White

### Next Add: Pureed/Smooth Vegetables & Fruits



### At 9-11 Months Add: Dairy Products (but NO cow's milk yet) And Finger Food



### At 9-11 Months add:

Homo Milk (3.25%) – 24 Ounces or less a day

Whole Egg – Include egg white

Offer a variety of foods

Keep going with breastfeeding for 2 years and beyond