



Mother Food - Introducing Solids

Cautions:

- Stay away from nuts and nut butters until your doctor gives the go ahead.
- Do not offer rice or rice products, because of arsenic.
- Avoid grains and dairy—introduce these later.
- Do not offer honey during the first 12 months.

As baby transitions from breastmilk to solids, the baby's intestinal flora, the "microbiota," gradually adjusts and changes. Therefore, introduce and increase foods slowly over several weeks and months.

To prevent later allergies and to develop a wide-range palate, expose babies to a wide variety of foods before they are one year old, Repeated exposure to a new taste accustoms baby to the taste, immediately and for the future.

If fruit are offered first, babies will prefer sweet tastes and may reject bitter tastes. Therefore, delay introducing fruit such as apples, pear and blueberries, and focus on vegetables.

Offer a small portion of one simple, soft vegetable, pure and unsalted, once or twice a day to accustom baby to the taste. Watch for reactions such as a rash, swelling, discomfort, change in stools.

Lightly boil or steam, puree or mash the vegetable, mix with breastmilk. As baby matures, offer larger vegetable pieces to chew on.

Vegetables:

Winter squash, sweet potato, pumpkin, beets, broccoli, carrots (steamed slices), asparagus, green beans, peas,

Artichoke hearts, steamed and mashed / Avocado – mashed with breastmilk, Avocado mashed with sweet potato.

Animal products:

Runny egg yolk; Ground organic chicken livers; Pureed chicken

Fruit:

Apples, pears, berries such as blueberries