



STARTING SOLID FOOD

ABOUT SOLIDS:

Get approval from your child's doctor before starting solids. Some recommend starting one food at a time over the course of a few days to ensure no allergic reaction.

CONSIDERATIONS:

Always supervise your child for safety. The recommendations here are not a substitute for medical care. Please discuss all strategies with your child's care team before implementing.

1

Thin Pureed Foods:
One fruit, vegetable,
or protein at a time



2

Thick Pureed Foods:
Mixing pureed foods
together



3

Meltables:
Premade or
homemade



1

Blend until smooth.
Fruit examples:
blueberries, mangoes,
bananas, or apples.
Vegetable examples:
peas, green beans,
carrots, or squash.
Protein examples:
chicken, beef, or beans

2

Blend together different
foods that your child has
already tried.
Examples:
turkey and peas,
apples and spinach,
mangoes and carrots,
chicken and squash,
beans and tomatoes

3

Meltables can be bought
or made.
Examples:
yogurt melts,
fruit puffs,
vegetable puffs,
frozen pureed food dots,
baby food popsicles