



STARTING **SOLID** **FOOD**

ABOUT SOLIDS:

Get approval from your child's doctor before starting solids. Your child should already have purees and meltables mastered before moving on to these next steps.

CONSIDERATIONS:

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

4

One Soft Food



5

Mixed Soft Foods



6

Crunchy/Harder
Foods



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Cut into small manageable bites.
Examples:
cheese cubes,
short/small pastas,
scrambled eggs,
meatballs,
tator tots,
steamed veggies

5

Begin mixing soft foods together.
Examples:
pasta with sauce,
quiche,
yogurt and fruit,
muffins,
soups

6

Save chewy foods like raisins and steak for last. No whole nuts until 5 years old. Start with easy crunchy foods.
Examples:
potato chips, crackers,
cookie biscuits