



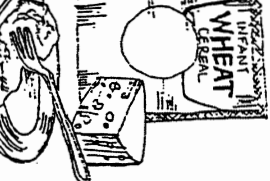
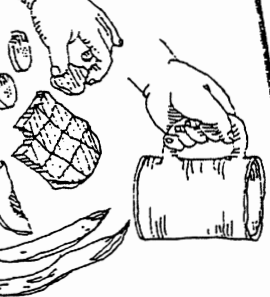
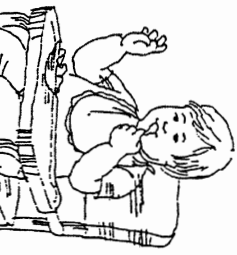
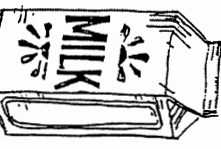


FOOD FOR BABY'S FIRST YEAR

SUGGESTED TIMES FOR ADDING NEW FOODS.
FOR MORE INFORMATION TALK WITH YOUR
NUTRITIONIST, NURSE OR DOCTOR.

 <ul style="list-style-type: none"> • BREAST MILK • IRON-FORTIFIED FORMULA 	<p>BIRTH</p>
 <ul style="list-style-type: none"> • INFANT CEREAL (from spoon) -RICE -OATS -BARLEY 	<p>4-6</p>
 <ul style="list-style-type: none"> • VEGETABLES & FRUITS STRAINED/ BLENDED • FRUIT JUICE 	<p>5-7</p>
 <ul style="list-style-type: none"> • COTTAGE CHEESE • TOFU • STRAINED BEANS • STRAINED MEAT • CHICKEN • FISH • EGG YOLK 	<p>6-8</p>
 <ul style="list-style-type: none"> • OILIER INFANT CEREALS -WHEAT -MILK -HIGH PROTEIN • MASHED VEGETABLES & FRUITS • MILD CHEESE 	<p>7-9</p>
 <ul style="list-style-type: none"> • FINGER FOODS: <ul style="list-style-type: none"> -TOAST SQUARES -COOKED VEGETABLES -GRAPES OR SLICES -PEELED, SOFT FRUIT -WHEELS, OR SLICES -SMALL TENDER PIECES OF MEAT • CAN DRINK FORMULA OR JUICE FROM CUP WITH HELP 	<p>8-9</p>
 <ul style="list-style-type: none"> • FOOD FROM FAMILY TABLE (feeds self) -VEGETABLES & FRUIT -CEREAL, BREAD -WHOLE EGG -BEANS -FISH, MEATS, CHICKEN -CHEESE 	<p>10-12</p>
 <ul style="list-style-type: none"> • CAN DRINK MILK • WEANED FROM BOTTLE OR BREAST 	<p>ONE YEAR</p>

DO NOT GIVE BABY NUTS, SEEDS, OR RAW CARROTS UNLESS MASHED OR FINELY SLICED. AVOID ALL SMALL HARD FOODS (such as popcorn) THAT CAN CHOKE BABY.