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- Infant Feeding: 4 - 6 months.

The introduction of solids to begin weaning in an infant is a gradual process and it should be appropriately applied to his age in order to prevent the possibility of future food and environmental allergies. Many times, friends and relatives offer tips or "advice" on infant feeding, unfortunately with few exceptions this well-intentioned advice is not based on current concepts and knowledge on the principles of infant feeding. The following regimen is an overview from the guidelines set forth by the American Academy of Pediatrics. Tips:

- The introduction of food must be one at a time, start each food once daily x 5 days, before offering the next food.
- Once the infant tolerates each food, it may be given until the baby rejects it, this usually happens around 10 - 12 months of age.
- Feeding intervals should be every 4-5 hours per meal.

- 4 MONTHS.

- a) Introduce rice cereal, 2-3 tablespoons per day, **1 tablespoon = 3 teaspoons.** After 5 days, feed as much as the baby desires.
- b) Follow with banana,  $\frac{1}{2}$  cup of natural banana or  $\frac{1}{2}$  jar of commercial baby food, once daily. After 5 days, feed as much as the baby desires.
- c) Now, **advance** to the 5 months diet. Do not stop the previous foods.

- 5 MONTHS.

- a) Introduce oatmeal cereal, 2-3 tablespoons per day. After 5 days, feed as much as the baby accepts.
- b) Follow with applesauce,  $\frac{1}{2}$  cup or  $\frac{1}{2}$  jar. After 5 days, feed as much as the baby accepts.
- c) Now, **advance** to the 6 months diet. Do not stop the previous foods.

- 6 MONTHS:

- a) Introduce barley cereal, 2-3 tablespoons per day. After 5 days, feed as much as the baby wants.
- b) Follow with pear and peach,  $\frac{1}{2}$  cup or  $\frac{1}{2}$  jar once daily. After 5 days, feed as much as the baby wants.

Baby Cereals: Gerber.

Baby fruits: Gerber, Beech-nut.

Prior to 12 months of age, DO NOT introduce the following:

- 1) Citrus fruits and juices (orange, pineapple, grapefruit, lemonade, tomato)
- 2) Wheat cereal
- 3) Honey
- 4) Whole milk
- 5) Egg white
- 6) Fish
- 7) Chocolate, nuts, peanut butter.