

Starting Solid Foods



Common Food Allergens & Infant Feeding



SIGNS YOUR BABY MAY BE READY FOR SOLID FOODS

- Can sit up with a little help
- Has good head and neck control
- Brings toys or other objects to their mouth
- Opens their mouth when food is offered
- Swallows food instead of pushing it back out with their tongue



SOLID FOODS AND YOUR BABY

Many babies begin trying solid foods at around 6 months. During this time, breastmilk and/or formula continue to be an important part of a baby's diet.

As babies start trying new foods, they may also be introduced to common allergens. Research suggests that introducing common allergens when babies begin eating solid foods may help lower the chance of developing some food allergies.

COMMON ALLERGENS:

- Egg
- Peanut
- Dairy
- Tree nuts
- Soy
- Fish
- Shellfish
- Wheat
- Sesame



WHAT DOES THE RESEARCH SAY?

Research shows that waiting until after 6 months to introduce common allergens may raise the chance of developing a food allergy.

Scan the QR code to learn more.

QUESTIONS TO ASK YOUR CHILD'S DOCTOR



Before your baby's 6-month check-up, you may want to ask...

- Is my baby ready to start solid foods?
- What is my baby's risk for food allergies?
- How can I introduce common allergens?
- What other foods should I offer my baby?
- What else should I know?

ADDITIONAL CONSIDERATIONS

- Learn the signs and symptoms of anaphylaxis (a serious allergic reaction).
 - Swelling of the lips, face, or tongue
 - Hives
 - Repeated vomiting or diarrhea
 - Wheezing or trouble breathing
 - Repeated coughing
 - Changes in skin color
 - Sudden tiredness or limpness
- Some babies may start solids and allergens as early as 4 months if they have inflamed skin. Talk with your baby's doctor to create a plan if your baby shows signs of eczema.
- Since nut butters on their own are a choking hazard for infants, they are often mixed with water, breastmilk, prepared infant formula, or fruit and vegetable purees.



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WIC INFORMATION

