

Baby Cereal

Baby cereal is the first solid food for most babies.

It is easy to eat and digest.

Start with rice cereal which is the least likely cereal to cause an allergic reaction.

After your baby eats rice cereal for a week without any problems, you can try other cereals such as oatmeal or barley cereal. Try mixed grain cereal last.

When is my baby ready to eat baby cereal?

Most babies are ready to eat their first solid food around the age of 6 months.

Look for these signs that your baby is ready:

- ♥ Your baby sits up with support.
- ♥ Your baby can hold his head steady.
- ♥ Your baby can take cereal off a spoon and move it to the back of his mouth with his tongue.
- ♥ Your baby can swallow pureed food easily.



If you are unsure if your baby is ready to eat baby cereal, ask your health care provider.



How to mix baby cereal:

- ♥ Place dry baby cereal in a small bowl. Start with 1 tablespoon of cereal twice a day. Your baby's appetite will be small at first.
- ♥ Mix 4 to 5 tablespoons of breastmilk, formula or water with 1 tablespoon of cereal at first. You can slowly make the cereal thicker as your baby gets used to it.
- ♥ Feed cereal with a small spoon to your baby. Your baby needs to learn how to eat from a spoon.
- ♥ Never feed cereal in a bottle. Your baby could choke on cereal in a bottle.
- ♥ As your baby learns to eat cereal, increase the amount to 2 to 3 tablespoons of cereal twice a day.

Let your baby decide how much he will eat

Your baby may be saying he is full if....

- ✗ He starts to play.
- ✗ He blows bubbles.
- ✗ He pushes the spoon away.
- ✗ He turns his head away from you and refuses the spoon.

Five Easy Baby Foods

You can save lots of money by making homemade baby foods instead of buying commercial baby foods. They are so easy to make.

Bananas

Peel a banana. Mash with a fork or food processor.

- ✓ ½ banana - 15¢
- ✓ 1 jar of baby banana – 50¢

Applesauce

Buy regular applesauce without added sugar or spices.

- ✓ ½ cup applesauce - 20¢
- ✓ 1 jar of baby applesauce – 50¢

Sweet potato

Bake a sweet potato. Remove skin, and mash with a fork or food processor.

- ✓ 1/3 sweet potato - 16¢
- ✓ 1 jar of baby sweet potatoes – 50¢

Squash

Bake a squash. Remove skin, and mash with a fork or food processor.

- ✓ ½ cup cooked squash – 15¢
- ✓ 1 jar of baby squash – 50¢

Carrots

Peel carrots and cook until soft.

Mash with a fork or food processor.

- ✓ ½ cup cooked carrots – 21¢
- ✓ 1 jar of baby carrots – 50¢



Open Wide!

Your baby can learn to enjoy a wide variety of fruits and vegetables.

You may need to offer a new food 8 to 10 times before your baby accepts it. If your baby does not like a new food, try the new food later. Don't give up!

Smile and talk to your baby when you are feeding him.

Your baby is learning that eating is fun.



Invest in a small food processor

Look for a small processor with a 1 to 2 cup container.

It'll work great for making baby foods. You can buy a small food processor for \$10. to \$20.

It will be worth it!