

Feeding Guide for Starting Solids



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Congratulations!

Congratulations for taking the first big step in providing your baby with optimal nutrition and helping your family develop life-long eating habits.

This guide will get you set up to begin your family's journey on starting solids with **clear, evidence-based information**. Research has shown that nutrition plays a critical role especially in the first two years of life when baby's growth and development is exponential. Your baby's brain will increase by 175% in the first year alone. Your totally dependent infant will become a mobile toddler capable of learning, following simple instructions, communicating and feeding themselves all in these two short years.

As a **Registered Dietitian (RD)**, I felt compelled in guiding families using a scientific approach.

This guide is a starting point but you need professional support in this journey. Join me in my **FREE** Facebook group of Competent Feeders!

Happy Feeding!
Amy Chow, RD

My Personal Journey



As a first-time mom of a growing toddler, I have experienced first-hand the **conflicting and overwhelming information** (more like opinions!) on feeding and introducing solids.

My son had developed multiple food allergies at around 6 months when I was provided with ill-advice including that I should only feed my child baby cereal until one OR I need to cut out all his allergens from my own diet because I'm passing them through my breastmilk OR worst yet, I should just stop breastfeeding altogether because he is not developing his own immune system.

I was criticized for feeding my son pureed food (and using a spoon) AND then criticized when we did baby-led weaning. I was told he was eating too little AND too much AND too messy!

I started hosting workshops on starting solids as I realized other parents/caregivers are confused and just want to get trustworthy information. I was helping hundreds of families raise competent eaters over the years with research and professional experience. These families have developed tremendous **trust and confidence** in feeding. I can help your family get there too!

When to start?

Your baby is ready to start solids around 6 months of age when he shows the following **signs of readiness**:

1. Good head control
2. Sits up with minimal support and able to lean forward
3. Picks up food (or toys) and try to put it in the mouth
4. Tongue reflex decreased

Introducing solids too early (before 4 months) can disrupt/displace breastmilk and/or formula and expose the infant's immature gut, to pathogens and allergens. By exclusively breastfeeding and/or formula feeding for the first 6 months, you can ensure that you're meeting baby's nutrition needs, minimizing food borne illnesses, providing extra protection against infections and maintaining breastfeeding supply.

Practical Step for Feeding:

Put your baby in the highchair with some toys to start including him at family mealtimes

How to Start?

"Parenting is the easiest thing in the world to have an opinion about, but the hardest thing in the world to do" - Matt Walsh

Tune out people's opinions respectfully about how you should or should not be feeding your child.

There is absolutely no one correct way to be feeding your child. Figure out what works best for your family, don't get hung up on choosing a specific feeding method.

Although baby-led weaning has been exploding all over the internet gaining much popularity. **Research to date has not shown a superior method to introducing solids.**



Practical Step for Feeding:

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Include BOTH purees & baby-led weaning finger foods!

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What to Start?

Start off with **Iron-rich foods** as birth stores of Iron becomes depleted at around 6 months. At 7-12 months, your baby will have the same Iron need as an adult man of 11mg/d thanks to his/her exponential growth!

Iron-rich foods include meat, fish and poultry, fortified baby cereal, beans and lentils, nut/seed butter, and eggs. The **heme Iron** from meat, fish and poultry is much better absorbed than non-heme Iron - start including these foods everyday if your family is not vegetarian!

Solid foods can be offered before or after breastmilk or formula - You and your baby can decide what works better.

Start with pureed food then progress to mashed, minced, pureed, ground, semi-solid and finger foods as your child is ready. Minimize risk of choking for offering appropriate food textures.

Practical Step for Feeding:

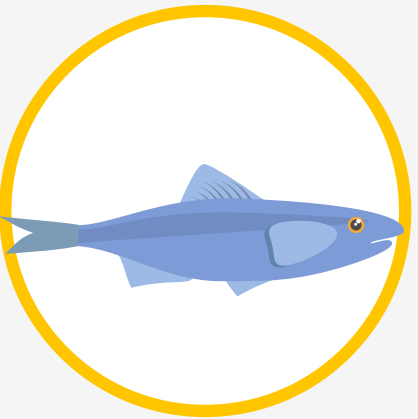







Choose a time when your baby is
“ happy, interested, and alert.



20 Best First Foods for Baby

Foods high in Iron

Beef 	Clam 	Sardine 	Lamb 	Canned light tuna 
Herring 	Trout 	Mackerel 	Chicken 	Pork 
Shrimp 	Salmon 	Turkey 	Sole 	Baby Cereal 
Lentils 	Beans 	Spinach 	Tofu 	Tahini 

How Much to Start?

Your baby is born with an awesome innate ability to eat. From day one, your baby regulates how much formula and/or breastmilk he is taking, he knows exactly when he is hungry or full.

He is so in tune with his body that he is really the **expert** in getting all he needs. So sit back, relax and learn from your baby! Let him/her guide how much he/she needs to eat at each meal and snack. Let him/her guide how fast to progress with textures.

Practical Step for Feeding:



You decide WHEN & WHAT

Your baby decides HOW MUCH & IF





Enjoy these Precious Moments

It is so easy as parents to get caught in making sure we're doing the 'right' thing and worry about every little details.

Your baby is growing up fast, enjoy each and every moment as there will be a lot of learning and 'first steps' around new foods and eating skills (and communication skills!). Have your camera ready, he may just surprise you!

Your baby will enjoy your company and learn best from watching you and others eat. Let your baby explore food with their hands, embrace the mess!

Practical Step for Feeding:

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Enjoy family meals together!



Your next steps...

You are all set to help your baby
dive into a whole new world of
solid foods!

I bet you will have a lot more
questions once you get started in
your journey of introducing solids.

Take the confusion out of starting
solids with this comprehensive
online course by a registered
pediatric dietitian and infant
feeding expert.

Join our online comprehensive
course on starting solids today!