

Food Timeline for the First Two Years

All babies are unique individuals. Talk to your doctor or a registered dietitian about the nutrient-rich foods your baby needs and when to introduce them. Here are the usual age ranges for moving infants from breast milk to table foods:



Birth to 6 Months:

Babies get all the nutrients they need from breast milk for the first six months. Infant formula is an acceptable alternative to mothers who can't or choose not to breastfeed. You should not give your baby cow's milk until after age one.



By 4 to 6 Months:

While most babies are ready to eat solid foods at this point, they will continue to get most of their calories, protein, vitamins and minerals from breast milk or infant formula. Introduce iron-fortified infant cereal like rice and barley or pureed meats to help replenish iron reserves.



By 6 to 8 Months:

This is an appropriate time to begin introducing pureed or mashed fruits and vegetables. Gradually introduce single-item foods one at a time. Watch carefully for any reactions such as diarrhea, vomiting or unusual rashes.



By 7 to 10 Months:

Babies are usually ready to begin feeding themselves with finger foods, such as dry cereal or teething biscuits. They also can begin to use a cup for water.



By 8 to 12 Months:

At this stage, most infants are ready for soft or cooked table foods.



From 1 to 2 Years:

Babies will continue developing eating skills. They will feed themselves and enjoy the same foods as the rest of the family. Choking on firm, round foods is a risk, so cut these foods into small quarter-inch squares.

Baby Product Experts specialty stores provide safe, high-quality products and expert advice.