



Iowa Child and Adult Care Food Program

Infant Foods tried at Home

Directions:

- Good communication between parents and caregivers is essential for successful infant feeding
- When babies can hold their necks steady, can sit with support and can hold food in the mouth and then swallow it, they may be ready to start solid foods. Generally this is between 4 to 6 months of age.
- It is important to avoid feeding solid foods until parents have consulted with the baby's doctor and have informed the caregiver. Babies younger than 4 months of age should not be fed solid foods unless authorized by the baby's doctor.
- Parents should identify new foods to which the baby has been successfully introduced, with the date, in the space provided below. Infant caregivers should keep a copy of this form, for each infant, in an accessible location for parents to provide updated information on an ongoing basis. Infant room staff should consult the form regularly before feeding infants.

Baby's name _____ Date of birth _____

Parent name(s) _____

A. My baby's food allergy or intolerance:

B. My baby is ready for foods, in addition to formula or breast milk, for the following meals (write date):

| | | | | | |
|-----------|--|----------|--|------------------|--|
| Breakfast | | Lunch | | Supper | |
| AM Snack | | PM Snack | | Late Night Snack | |

C. Identify foods that have been successfully introduced to your baby at home:

| For younger babies (under 8 months) | | Additional foods for babies over 8 months | |
|---|-------------|--|-------------|
| Food | Date | Food | Date |
| Infant cereals | | Bread/crackers (no seeds or nuts) | |
| Rice | | Bread/ toast/rolls | |
| Oat | | Biscuits | |
| Barley | | Graham crackers (no honey) | |
| Strained/pureed cooked fruits & vegetables | | Saltines | |
| Apples | | Teething biscuits | |
| Apricots | | Tortilla wheat/corn soft | |
| Bananas | | Juice: full strength | |
| Carrots | | Apple juice | |
| Green beans | | Grape juice | |
| Peaches | | Pear juice | |
| Pears | | Fresh Fruits | |
| Peas | | Cherries (small, soft pieces, cut) | |
| Plums | | Grapes (with no pits or seeds, cut) | |
| Potatoes | | Melon | |
| Prunes | | Peach | |
| Squash | | | |
| Sweet potatoes | | Vegetables | |
| | | Same as listed for younger babies. (small cooked soft pieces according to development abilities) | |
| | | Meat and meat alternates | |
| | | Beef (soft, moist) | |
| Iron-Fortified Infant Formula | | Dry beans, cooked and finely chopped | |
| Name | | Cheese mild thin slices | |
| | | Chicken | |
| Other foods and dates to start: | | Cooked egg yolk | |
| | | Cottage cheese | |
| | | Split peas, cooked and finely chopped | |
| | | Tuna | |
| | | Turkey | |
| | | Other foods and dates to start: | |
| | | | |