



Baby's First Bites (6-8 Months)

Breastfeeding is best, according to most nutrition experts. However, nursing isn't necessarily successful for every new mom. Whether your baby has breastfed exclusively or thrived on formula, she's probably ready and eager to explore new tastes and textures by the age of six months.

Here are some simple, wholesome tips to make your baby's first bites a yummy and nutritious experience:

Start Small.

Initially, solid food should only supplement breastmilk or formula. Between 6 and 8 months, your goal is simply to introduce your baby to texture, tastes and the concept of eating.

Begin with a teaspoon of **pomme bébé** organic baby food, and gradually increase the portions according to your baby's cues.

Grow the Palette.

When your baby is comfortable with one or two new flavors and textures, you can gradually feed her a wider variety of solid foods more frequently in larger portions. When introducing new flavors, begin with soft, pureed single-ingredient foods, such as fruits or vegetables.

Because some allergic reactions can be delayed, it is best to wait between 4 and 7 days before introducing new foods. Remember: your baby's stomach is still very small, and she will need many feedings throughout the day. The portions below are estimates only since her appetite may vary from day to day.

Include the Right Nutrition.

The iron babies are born with begins to deplete as early as four months. As such, many experts recommend iron-rich foods between the ages of six and eight months. Iron or zinc-fortified baby cereals are good ways of including these nutrients in your baby's diet.

Recommended Dietary Guidelines: 6 to 8 Months

	Fruits	Veggies	Grains	Milk
Daily Intake	2-4 Tbsp (spread over 2-3 meals)	1-4 Tbsp (spread over 2-3 meals)	1-4 Tbsp (spread over 2 meals)	30 - 32 oz (spread over 4-5 feedings)
Food to Introduce	Apples Peaches Pears Bananas Plums Apricots	Sweet Potatoes Squash Green Beans Carrots Peas	Rice Cereal Barley Oats	