



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:	