

# New Guidelines for Starting Solid Foods



**Not sure about when and how to start baby on solid foods?** Here is a comparison between the previous guidelines and the new ones recently updated by the 2024 American Academy of Pediatrics (AAP).

Previous Guidelines	Current Guidelines
Start solids at 4 months or earlier	The 2024 AAP recommends starting solid foods at about 6 months (when your baby can sit up with help, move head and neck, open mouth).
Parents should spoon-feed baby	Allow your baby to feed themselves using their hands. They can usually start grasping foods at about 6 months of age.
Start with rice cereal	Introduce a wide variety of healthy nutrient-dense foods for optimal nutrition and to reduce picky eating.
Wait until after 12 months of age to introduce allergenic foods	New research shows introducing allergenic foods early and often can help prevent development of allergies.
Cook separate meals for your baby	Give your baby small portions of unsalted, soft cooked, and mashed foods from the family meal.
Serve the right portions and make sure baby finishes the meal	Allow responsive and baby-led feeding. This means letting your baby follow hunger and fullness cues to know when to eat and when to stop.

Continued on reverse →

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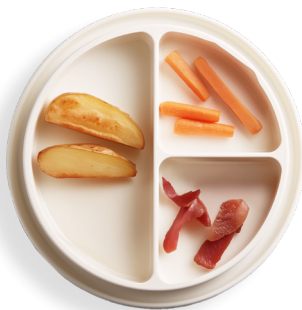
## Baby Feeding Timeline

Here's a helpful guide for introducing solid foods into your baby's diet. Remember to expect a mess! Try not to scold baby or clean up during mealtime. This will help your baby develop positive eating experiences and prevent food aversions later on.

**Food intake will increase every month →→**

6 months	8-9 months	12 + months
<ul style="list-style-type: none"><li>• Start solids when able to sit up with help, turn head and neck, open mouth.</li><li>• Cook foods until soft and cut into sticks to allow baby to practice palmer grasp.</li><li>• Allow self-feeding and let baby decide how much to eat.</li><li>• Introduce one new allergenic food per week and monitor for allergic reactions.</li></ul>	<ul style="list-style-type: none"><li>• Offer baby small, bite-sized pieces of food.</li><li>• Let them practice their pincer grasp while picking up foods.</li><li>• Repeat exposure to new foods. It can take up to 20 exposures for baby to accept a new food.</li><li>• Offer tolerated allergenic foods 2-3 times per week.</li></ul>	<ul style="list-style-type: none"><li>• Baby may be able to start using utensils like spoons to feed themselves.</li><li>• Baby may be eating more solid foods and less breast milk or formula.</li><li>• Continue to let baby decide how much to eat and when to stop.</li><li>• Make mealtimes pleasant and model healthy eating behaviors.</li></ul>

6 months



9 months+

