



Chad P. Nevola, M.D., Inc.

Advancing The Diet: 6 to 9 Months

These are some items you can add to the schedule outlined in the Starting Foods handout in order to advance your baby's diet.

1. Starting Stage 1 Meats: The AAP approves of meats as early as 6 months of age as of 2000. Where they have their place in the diet: any meat can replace cereal at dinner. We can also add some at lunch. Always keep in mind the first rule from Starting Foods handout – ONE NEW FOOD EVERY 3- 4 DAYS.
2. Stage 2 Foods: Generally, for mechanical reasons we hold on Stage 2 foods until 7 ½ months of age. Stage 2 foods vary widely in composition and texture among manufacturers. We hold on them until this age mainly for choking risk.
3. Finger Foods: Generally, we recommend starting them at 8 months old. "Finger foods" is a term we use for foods that we would place on a tray or plate in front of your child and allow for independent feeding while he/she is fed other foods at a meal, or for snacking. Examples of starter foods include baby cookies (Arrowroot and the like), cereal puffs or Os, and pastina. Thereafter, if your child does well with these, we can generally move on to safely textured table foods ground into tiny bits. CAUTION: slippery textured foods that do not melt (e.g. hot dog bits) are generally not recommended at this stage.