



Your baby may be full when:

- He pushes food away
- She turns her head away
- He spits out food

Signs of Food Allergies include: Hives, eczema, skin rash, diarrhea, gassiness

Stop the new food. Try it again in 2-3 weeks. If symptoms return, call your doctor to get help.

WAIT until 12 months before trying:

- egg whites
- fish or shellfish
- chocolate
- citrus fruits and juices
- cow's milk
- peanut butter

Foods that cause harder stools:

- applesauce
- bananas
- rice
- dry cereal

Foods that cause looser stools and help constipation

- any fruit with the letter "p" in the name
- pears
- plums
- prunes
- apricots
- apple juice
- water

YOU CAN:

- Make your own baby foods by thoroughly cooking fruits or vegetables, use clean utensils.
- Freeze your own baby food for up to 2 weeks; try ice cube trays to make single servings
- Call your doctor or nurse if you have questions or concerns

A word about iron:

Infant formulas are packaged two ways, with iron and without iron. "Iron fortified" does not mean extra iron; it means with iron. "Low iron" really means no iron. Iron is important because iron deficiency has been linked to anemia and later learning disabilities.