


Recommendations for Introducing Complementary Foods

Age of Infant By Month	Birth	1	2	3	4	5	6	7	8	9	10	11	12
Age Grouping	Birth through 3 months			4 months through 6 months			6 months through 8 months		8 months through 12 months				
Sequence of Introducing Foods	Breast milk or Infant Formula			Complementary Foods**									
Texture of Complementary Foods				Strained/Pureed (thin consistency for cereal)			Mashed		Ground/Finely Chopped			Chopped	
Feeding Style	Breastfeeding/Bottle Feeding			Spoon Feeding			Cup Feeding			Self Feeding/Finger Foods			

Special Note:  represents the age range when most infants are developmentally ready to begin consuming complementary foods. The American Academy of Pediatrics recommends exclusive breastfeeding for the first 6 months of life. The AAP Committee on Nutrition recommends that, in developed countries, complementary foods may be introduced between ages 4 and 6 months. This is a population-based recommendation, and the timing of introduction of complementary foods for an individual infant may differ from this recommendation.

** Complementary foods include infant cereal, vegetables, fruits, meat and other protein-rich foods modified to a texture appropriate (e.g., strained, pureed, chopped, etc) for the infant's developmental readiness. See Figure 1 for more guidance on feeding skills and infant development.