



FEEDING YOUR BABY

A guide to help you
introduce solid foods



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**Baby's
First
Food**

This guide is about feeding your baby from six months to one year. It has information and answers questions you may have about breastfeeding and starting solid foods.

Breastfeeding is all your baby needs for the first six months. Then continue to breastfeed for two years and beyond while introducing your baby to a variety of solid foods and liquids. Breastfeeding provides your baby with important nutrients and immune protection even when solid foods are started.

Breast milk protects your baby's health in ways that infant formula does not. You can breastfeed as long as you and your baby want to. There is no age when a baby is too old. The longer you breastfeed, the more benefits you and your baby get.

If you include infant formula as you are introducing solids, you will make less breast milk. This can lead to early weaning. If you stop breastfeeding, it can be hard to start breastfeeding again and re-establish a plentiful milk supply for your baby. If you are thinking about using infant formula, get all the facts first.

Babies who are breastfed or receiving breast milk need a daily vitamin D supplement of 400IU (10 micrograms). Continue to give your baby a vitamin D supplement for as long as he is breastfed or receiving breast milk or talk to your health care provider about when you can stop. After two years of age, a vitamin D supplement is no longer recommended. Babies who are not breastfed do not need a supplement because vitamin D has been added to infant formula.

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