At about 6 months, your baby can start eating solid food

Over the next 6 months, baby will slowly eat more solid food, while drinking less breastmilk.

**But breastmilk is still baby’s main food**

- Doctors recommend that babies be breastfed for at least one year, then for as long as baby and mom want to.
  - When baby is 6-8 months old, 70% of nutrition comes from breastmilk or formula.
  - At 10-12 months old, 50% of nutrition still comes from breastmilk or formula.
- If you are breastfeeding, continue doing so.
- If you feed your baby formula, continue feeding formula.

**Is baby ready for solids?**

One sign of readiness is that baby will show an interest in your food. If you have food allergies in the family or the baby was born early, talk to your health care provider before introducing solids.

**To start eating solid food, your baby needs to be able to do all of these things:**

- Sit up
- Put fingers or toys in mouth
- Close her lips around the spoon and swallow food
- Hold her head steady
- Open mouth when offered food
- Show she doesn’t want food by turning her head away

*We use “she” and “her” throughout, but tips apply to both boys and girls.*