



Infant Foods Tried at Home

Iowa Child and Adult Care Food Program

Revised March 2017

Good communication between parents and care providers is essential for successful infant feeding. Solid foods should be introduced when a baby is developmentally ready (around six months of age). Solid foods should be served after parents have introduced them at home in consultation with the baby's health care provider. Care providers should not be the first to introduce new foods.

Instruction for parents: Identify new foods successfully introduced to the baby, with the date, in the spaces below. Update the form whenever new foods are introduced.

Instructions for care providers: Consult each infant's form daily. Make forms accessible for parents to update on an ongoing basis.

Baby's name _____ Birthdate _____

A. My baby is ready for solid foods, in addition to formula or breastmilk, for the following meals (write date):

Breakfast		Lunch	
AM Snack		PM Snack	
		Supper	
		Late Night Snack	

B. Identify foods introduced to your baby at home:

Foods introduced

Food	Date	Food	Date
Iron-fortified infant cereals		Bread/crackers for snacks only (whole grain-rich, enriched meal, or enriched flour, no seeds or nuts)	
Rice		Bread/toast/rolls	
Oat		Biscuits	
Barley		Saltines	
Mixed		Pancakes, waffles	
Wheat		Tortilla wheat/corn, soft	
Soft fresh or cooked fruits and vegetables of appropriate texture for the infant's development abilities. Fruits and vegetables should be peeled and seeds removed.		Ready-to-eat (RTE) Breakfast Cereal (cereals for children and adults) at snack time: RTE cereal is allowed when a baby is developmentally ready to accept it. List specific cereals below. Texture must be appropriate for baby's abilities. Cereals must not have more than 6 grams of sugar per dry ounce.	
Apples		Cereal:	
Apricots		Cereal:	
Bananas		Cereal:	
Carrots		Meat and meat alternates	
Cherries		Beef (soft, moist)	
Grapes		Dry beans, cooked, mashed or pureed	
Green beans		Cheese, natural (not processed) Name:	
Melon		Chicken (soft, moist)	
Peaches		Cottage cheese	
Pears		Dry (split) peas, cooked, mashed or pureed	
Peas		Fish, Name:	
Plums		Pork, (soft, moist)	
Potatoes		Tuna	
Prunes		Turkey, (soft, moist)	
Squash		Whole egg	
Sweet potatoes		Yogurt (less than 23 grams total sugar per 6 oz)	

Other foods and dates: