

INFANT FEEDING

For the first six months of life mother's milk is the only food required by most infants. The mother should be sure her nutritional needs are being adequately met, including the continuation of good prenatal vitamins. It is at six months that there is some evidence that breast milk does not contain all the vitamin needs of the child; specifically iron.

Until around the age of six months the baby's digestive tract is not able to adequately digest foods. The maturation of the digestive tract is individual. Signs that the digestive tract is mature are teeth, or a weight of 17 pounds. At these points if a child is showing interest in food, introduction can begin.

Foods given too early may induce food allergies. A baby is usually ready for solid foods when he/she is able to sit up and is able to push food away. Another important sign is that the child is swallowing the food back instead of pushing it out with their tongue. New foods should be introduced one at a time for several days. Allergic reactions should be looked for. These include:

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|----------------------------|--|
| rash around mouth or anus | diarrhea or mucus stools |
| hyperactivity or lethargy | redness of face and/or cheeks |
| runny nose | allergic shiner (black circles under eyes) |
| skin reactions (urticaria) | dyslexia |
| eczema, cradle cap | change in drawings, behavioral changes |

Groups of Food: (the age is the earliest you would want to introduce the foods)

1st Group (6 months)

- Mother's milk
- cherries - pit and smash them
- banana
- prunes
- blackberries
- applesauce
- grapes - remove seeds and smash
- pears
- blueberries - given frozen while teething
- carrot
- sprouts - blend in water
- yams
- beets
- avocado

2nd Group (9 months)

- papaya
- nectarines
- apples
- mashed potato
- artichoke
- cabbage
- sweet potato
- string beans
- peas
- oatmeal
- basmati rice
- millet
- lima beans
- split peas

3rd Group (12 months)

- squash, asparagus
- yogurt
- swiss chard
- parsnips
- onions, garlic
- tofu
- spirulina, barley green
- brown rice, barley
- blackstrap molasses-small quantities for anemia

4th Group (18 months)

- garbanzo bean flower-- for pancakes, muffins
- greens - lettuce, beet greens
- rutabaga and turnips
- eggplant
- buckwheat
- rye
- kelp
- tahini
- beans
- lamb
- chicken
- fish

5th Group (21 months)

- wheat
- orange
- pineapple
- brewer's yeast
- cashew butter
- almond butter
- walnuts
- eggs
- beef
- beef liver
- salmon
- turkey
- lentils

6th Group (2-3 years)

- sunflower seeds
- peanut butter
- cottage cheese
- soy - soy milk, etc.
- lamb liver - high in B12
- duck
- clams
- honey



**THE
SOLINGER METHOD**

by Root Health L.L.C.

Please recognize that this is a guideline. For individualized nutritional counseling please call the office for an appointment.



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