



Wellness  
Nutrition

June 2020

Fun FaCts

## When to Start Baby Food

Introduce baby foods  
(you may also hear it called solid food)  
around 6 months old when  
showing signs of readiness.

### Signs of Readiness

- Holds neck steady
- Sits without support
- Opens mouth when food is offered
- Draws in lower lip when spoon is removed from mouth
- Keeps food in mouth and swallows it
- Reaches for food showing interest

### Starting solids too soon can...

- Cause choking
- Be hard for baby to digest
- Cause food allergies
- Prevent baby from getting enough breast milk or formula for best growth



Learn more at [sdwic.org/library](https://sdwic.org/library)

## Early & Often

Offer your breast **BEFORE** baby cries and when you see any of the following feeding cues or signs:

Rapid Eye Movement—  
eyes fluttering during  
sleep

Quiet Alert—  
immediately when  
baby wakes, baby is  
very calm and still

Active Alert—  
sticking out tongue,  
smacking, putting  
hand to mouth, and  
rooting



## Delicious & Nutritious!

### Roasted Beets with Fresh Ginger

#### Ingredients:

3 fresh beets  
3 tablespoons fresh ginger  
1 tablespoon olive oil  
Salt and pepper to taste

#### Directions:

- 1) Wash prep area, your hands, and all vegetables.
- 2) Preheat oven to 350 degrees.
- 3) Peel the beets, remove the stem, and chop in bite-sized pieces.
- 4) Peel and mince the fresh ginger.
- 5) Add the minced ginger to the beets.
- 6) Add olive oil. Coat beets and ginger evenly.
- 7) Put beets and ginger into small baking dish and spread evenly.
- 8) Place beets in oven for 45 minutes or until cooked throughout.



<https://wichealth.org/>