

Expert Recommendations: Introducing Solids to Babies

World Health Organization recommends:

- “To meet (the child’s) evolving nutritional requirements, infants should receive nutritionally adequate and safe complementary foods while breastfeeding continues for up to two years of age and beyond.”

American Academy of Pediatrics recommends:

- “Introduce raw or unpasteurized honey after 12 months” (Infants younger than 12 months should avoid all sources of honey). *AAP Pediatric Nutrition Handbook*
- Wait until 12 months to introduce Cow’s Milk. Milk products such as cheeses and yogurt can be earlier.

National Institute of Health recommends:

- There is no conclusive evidence to suggest that you should delay the introduction of solid foods beyond four to six months of age.
- Healthcare experts in the United States currently suggest that you do not introduce solid foods into your baby’s diet until four to six months of age.
- There is no conclusive evidence to suggest that you should delay the introduction of the most common potentially allergenic foods (milk, eggs, peanut) beyond four to six months of age. Delay will not prevent your child from developing an allergy.
- There is no longer a “four day rule” per food introduction, but do not introduce two high potential allergen foods (e.g. egg and peanut) in the same day

European Society for Paediatric Gastroenterology, Hepatology, and Nutrition (ESPGHAN) recommends:

- “Complementary feeding (i.e. solid foods and liquids other than breastmilk or infant formula and follow-on formula) should not be introduced before 17 weeks and not later than 26 weeks.”
- “There is no convincing scientific evidence that avoidance or delayed introduction of potentially allergenic foods, such as fish, eggs, nuts, reduces allergies, either in infants considered at increased risk for the development of allergy or in those not considered to be at risk.”

- Have a conversation with your Pediatrician -