



CEREALS

Cereals are an important source of calories and iron for growing infants. All baby cereals are iron fortified and therefore are nutritionally beneficial in preventing iron deficiency anemia. Since cereals are the first solid food introduced, they introduce the infant to being spoon fed.

- 1) Cereals are usually introduced at 4-6 months of age.**
- 2) Cereals should be fed by spoon and not placed in to the bottle**
- 3) Offer cereal twice a day: in the morning and in the evening**
- 4) The cereals should be introduced in the following order: rice, then oatmeal, and finally mixed. Each cereal should be given for 3-4 days before introducing the next one. After all the cereals have been introduced, you may give your infant whatever cereal he/she prefers.**
- 5) The cereals can be mixed with formula, breast milk, or fruit juice. During the initial offerings, the consistency should be soupy and can then gradually be made thicker as the infant becomes accustomed to the spoon.**
- 6) Most infants take 3-6 level tablespoonfuls of the dry cereal at each feeding.**