Infant Foods Tried at Home
Iowa Child and Adult Care Food Program

Revised July 2019

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

Parents: Complete the following form, and update whenever new foods are introduced.

Care providers: Make the form accessible for parents to update on an ongoing basis. Use this form as a daily reference.

Infant's name _____ Birthdate _____

Identify new foods introduced to your infant at home and the preferred food texture (pureed, mashed, ground, finely chopped) by entering the date it was introduced and meals when it should be served: breakfast (B), morning snack (AM), lunch (L), afternoon snack (PM), supper (S), late night snack (LNS).

Food	Date & Meal(s), Texture	**Food**	Date & Meal(s), Texture
Iron-fortified infant cereals		**Bread/crackers for snacks only**	
Rice		Bread/toast/rolls	
Oat		Biscuits	
Barley		Crackers	
Mixed		Pancakes, waffles	
Wheat		Tortilla wheat/corn, soft	
Soft fresh or cooked fruits and vegetables.		**Ready-to-eat (RTE) Breakfast Cereal at snack time:** List specific cereals below.	
Apples		Cereal:	
Apricots		Cereal:	
Bananas		Cereal:	
Carrots		**Meat and meat alternates**	
Cherries		Beef	
Grapes		Dry beans, cooked	
Green beans		Cheese, natural	
Melon		Chicken	
Peaches		Cottage cheese	
Pears		Dry (split) peas, cooked	
Peas		Fish, Name:	
Plums		Pork	
Potatoes		Tuna	
Prunes		Turkey	
Squash		Whole egg	
Sweet potatoes		Yogurt	

Other foods (include date, meals, and texture):