Straight To Solids
Understanding Baby-Led Weaning

What is it?

Baby-Led Weaning is a method of introducing solids into an infant's diet. The caregiver provides soft foods and the infant feeds itself, eliminating the need for spoon-feeding.

Why Should I Do It?

Baby-Led Weaning provides benefits such as: reduced costs, saves time, and can teach baby healthy eating habits for the future.

What Should I Feed?

On the back of this flyer is a list of healthy starter foods for baby! However, the rule of thumb is soft finger-foods. Items can be steamed, baked, or raw (think avocado) to provide the soft texture. Foods should be cut in chunks the size of an adult's thumb, so baby has the ability to hold it comfortably.

Taylor Pirog, Graduate Student in Food and Nutrition, Framingham State University, 2017.
Foods to Start with

Avocado
Melon
Cooked Apple
Banana
Steamed Broccoli
Peaches & Pears
Baked Sweet Potato
Chopped Meats
Scrambled Eggs
Cooked Pasta
Steamed Carrots
Your Dinner!

Continue to breast feed baby while introducing solids and make sure to choose nutrient dense foods!

Hazardous Foods

These foods can be choking hazards and should be avoided until the age of 2!

Hot Dogs
Whole Grapes
Candy
Nuts & Seeds
Thick Peanut Butter
Popcorn

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