

# *is my baby* **ready to eat food?**

**Around the age of 6 months, your baby may show signs of being ready:**

- sits up and holds head steady
- can grab large objects and bring them to mouth
- opens mouth or reaches for food to show interest in what you are eating
- swallows food, rather than pushing it back out with tongue

*\*If your baby was born early, has difficulty swallowing, is not interested in food or has a family history of food allergies, talk to your healthcare provider before starting solid foods.*



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**Keep breastfeeding!**  
Breast milk is the main source of your baby's nutrition until he or she **turns 1 year old.**

# *¿mi bebé está preparado para* **comer alimentos sólidos?**

**Alrededor de los 6 meses, el bebé puede mostrar señales de estar preparado:**

- se sienta y mantiene la cabeza firme
- puede tomar objetos grandes y llevárselos a la boca
- abre la boca o busca llegar a la comida para mostrar interés en lo que tú estás comiendo
- traga la comida, en lugar de expulsarla con la lengua

*\*Si tu bebé nació antes de tiempo, tiene dificultades para tragar, no le interesa la comida o tiene antecedentes familiares de alergias alimentarias, habla con el médico antes de darle comidas.*



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**¡Sigue amamantando!**  
La leche materna es la principal fuente de nutrición del bebé hasta que **cumpla el año.**