

# first real foods

## THE SHORT TAKE ON FIRST FOODS

NO PLAN, NO SCHEDULE, NO MILLS,  
NO PURÉES, NO JARS, NO SPOONS.

MEAT IS GOOD.

EGGS ARE GOOD.

DELAY CEREAL.

NO SOY.

COD LIVER OIL.

MILK, YOGURT, BUTTER, AND CHEESE  
ARE GOOD.

THE BEST SOURCE OF IRON IS MEAT—  
NOT SPINACH.

FATS ARE GOOD.

NO NEED TO DELAY REAL FOOD  
BEYOND 6 MONTHS  
TO PREVENT ALLERGIES.

## read the book

*Real Food for Mother and Baby*  
the complete guide to becoming a mother  
by **NINA PLANCK**, author of  
*Real Food: What to Eat and Why*,  
covers fertility, pregnancy, nursing, and first foods.

Praise for *Real Food*:

“Persuasive and invigorating.”  
—Michael Pollan

“Compellingly smart.”  
—Mark Bittman

[WWW.REALBABYFOOD.INFO](http://WWW.REALBABYFOOD.INFO)

# first real foods

## THE OLD ADVICE

- BREAST MILK IS BEST, BUT FORMULA IS PRETTY GOOD NOW. NURSING 3 MONTHS IS ENOUGH.
- BABIES ARE READY TO EAT WHEN THEY GET TEETH.
- BABIES NEED MUSHY FOODS AND SPOON-FEEDING.
- CEREAL IS THE BEST FIRST FOOD.
- DELAYING COMMON ALLERGENS, SUCH AS NUTS, HELPS PREVENT ALLERGIES.
- BABIES NEED IRON FROM CEREAL OR FORMULA.

## WHAT NINA SAYS

- BREAST MILK SAVES LIVES; FORMULA CANNOT REPLACE IT. EVEN TODAY’S “GOOD” FORMULA CONTAINS MANY BAD INGREDIENTS. ALL THE BENEFITS OF NURSING FOR DIGESTION, IMMUNITY, AND NUTRITION CONTINUE AS LONG AS YOU NURSE.
- TEETH HAVE NOTHING TO DO WITH STARTING FIRST FOODS. A SIX-MONTH-OLD BABY CAN PICK UP FOOD AND “CHEW” IT; HIS GUMS ARE HARD.
- GOOD FIRST FOODS ARE FATS (AVOCADO, OLIVE OIL, BUTTER) AND PROTEINS (MEAT, CHEESE, EGG YOLKS). VEGETABLES AND FRUITS ARE GREAT, TOO.
- DELAYING CERTAIN REAL FOODS, SUCH AS MILK OR EGGS, DOES NOT PREVENT ALLERGIES.
- IRON SUPPLEMENTS ARE USUALLY UNNECESSARY AND SOMETIMES UNHELPFUL.

[WWW.REALBABYFOOD.INFO](http://WWW.REALBABYFOOD.INFO)