

first real foods

THE SHORT TAKE ON FIRST FOODS

**NO PLAN, NO SCHEDULE, NO MILLS,
NO PUREÉS, NO JARS, NO SPOONS.**

MEAT IS GOOD.

EGGS ARE GOOD.

DELAY CEREAL.

NO SOY.

COD LIVER OIL.

**MILK, YOGURT, BUTTER & 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
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

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THE OLD ADVICE

- **BREAST MILK IS BEST BUT FORMULA IS PRETTY GOOD NOW. NURSING 3 MONTHS IS ENOUGH.**
- **BABY IS READY TO EAT WHEN HE GETS 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.**

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