



Northern Virginia Internal Medicine & Pediatrics, P.C.

SPECIALIST FOR ADULTS. SPECIALIST FOR KIDS.
CARE FOR THE ENTIRE FAMILY.

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FEEDING INSTRUCTIONS AT FOUR MONTHS

- Begin with rice cereal (there is less chance of allergic reaction using rice). Mix 1-2 tablespoons with liquid (water, breast milk or formula) to a medium consistency. Water is fine, but will not add as many calories as formula or breast milk.
- Service one meal per day for the first week. This is done in the morning so that if it upsets the baby's tummy you won't be up all night. Your child will likely sleep longer once they begin eating solids. After one week you may add vegetables and fruits to the mixture. You will use the stage 1 foods or process them at home with a food processor.
- When adding additional fruits/vegetables to menu, only add one new item every three days. This will help isolate if your child is allergic to one of the items.
- After one week you may add a second meal per day, I recommend an evening meal.
- After several weeks add a mid-day meal.
- You must avoid honey the first year.
- You should avoid peanut butter, mango, and strawberries the first year.
- If there is a strong family history of food or skin allergies please discuss this with me. We may want to avoid other food items the first year.