

## Tips For Introducing

# Meat As

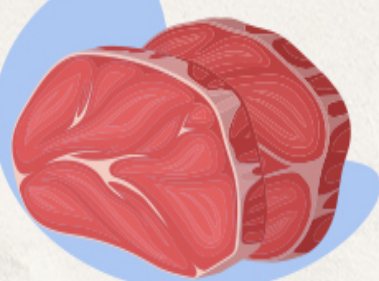
## Solid Food To A Baby

You may start with chicken or turkey as the first choice of meat since they are easy to digest.



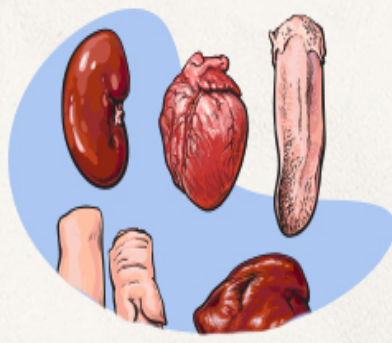
Introduce plain, pureed meat to acquaint the baby with the meat's flavor.

Make sure you remove even the tiniest bones from the meat before serving.



Gradually feed them red meat as a tasty source of iron.

Babies between 6 and 8 months can have one to two tablespoons of pureed meat one to two times a day.



Avoid organ meat since they have a high density of nutrients.

It may be better to avoid game meat, which is meat from animals hunted for food.



Babies between 8 and 12 months can have three to four tablespoons of meat twice a day.