

5**2****1****0****for
infants**

Use these guidelines to keep your baby healthy.

5**FRUITS AND VEGETABLES**

- Infants should start solid food at 4-6 months of age
- Begin with rice cereal
- Add puréed vegetables and then offer fruits
- Continue gradually introducing single-ingredient foods that contain no sugar or salt
- Wait three to five days between each new food

2**HOURS OR LESS OF SCREEN TIME**

- Infants under 2 years of age should have no screen time
- Screen time includes:
 - TV
 - Phones
 - Tablets
 - Computers
- When toddlers do get screen time, make it active/educational screen time

1**HOUR OF PHYSICAL ACTIVITY**

- It's never too early to be active — even babies need physical activity
- Take 5 to 10-minute activity breaks throughout the day

0**SUGARY DRINKS**

- Breast milk or formula provides your baby all the nutrients that are needed for growth
- Infants younger than age 1 should not have fruit juice unless a doctor recommends it for your child