

CHARTS

4 Month Baby Food Chart: Can Babies Start Solids at 4 Months?

Wondering if your 4-month-old is ready for solid foods? Get our complete 4-month baby food guide covering readiness signs, safe first foods, and what the AAP recommends.

Key Takeaways

- At 4 months, breast milk or formula supplies complete nutrition; complementary feeding is not yet recommended for most babies.
- Formula-fed babies typically take about 4–6 oz per feed, 5–6 times a day; breastfed babies feed on demand every 3–4 hours.
- Major authorities advise starting solids around 6 months, never before 4 months, and only when developmental readiness signs appear.
- Adding cereal to a bottle is discouraged: it raises choking risk, does not improve sleep, and can promote overfeeding.
- Use the coming weeks to learn about iron-rich first foods, since infant iron stores begin to decline as solids approach.

Frequently Asked Questions

Can a 4 month old eat baby food?

Most major health authorities recommend waiting until around 6 months to start solids. A small number of babies who show clear readiness signs may begin between 4 and 6 months, but only on the advice of a pediatrician. Solids should never start before 4 months.

How much should a 4 month old eat?

At 4 months, breast milk or formula is the only food a baby needs. Formula-fed babies typically take about 4–6 ounces per feed, 5–6 times a day; breastfed babies feed on demand, roughly every 3–4 hours.

What are signs my 4 month old is ready for solids?

True readiness usually appears closer to 6 months: steady head control, sitting with support, loss of the tongue-thrust reflex, and active interest in food. Age alone is not a readiness sign.

Sources

1. Starting Solid Foods — American Academy of Pediatrics
2. When, What, and How to Introduce Solid Foods — Centers for Disease Control and Prevention
3. How Much and How Often to Feed Your Baby — Centers for Disease Control and Prevention
4. Your baby's first solid foods — NHS