

# Can I give my 3 month old baby food?

The birth of a baby brings new hope to the family. Everyone gives all the love to the new life. In the growth of a baby. Diet is a very important part. Newborn babies are mainly breastfed. Breast milk can provide the baby with the nutrients needed for growth and can effectively improve the baby's resistance. However, as the baby grows, in order to provide more comprehensive nutrition for the baby and promote the baby's oral development. It is very necessary to add complementary food to the baby.

Many novice parents do not know what the correct diet for their babies is. Or even when they should add complementary foods to their babies. Some parents start to prepare supplementary foods when their babies are in March. Is this correct?



In fact, babies 4 months ago should be fed with breast milk or formula milk powder. Babies at this stage are not allowed to eat some complementary foods. Starting from 4 months old, in addition to breast milk, you should gradually add some vegetable puree, apple puree, banana puree, etc. to your baby.

More than 4 months after the baby is born, the iron and calcium stored in the body have been basically exhausted. Breast milk alone cannot meet the needs of the baby's growth and development. Therefore, it is necessary to add some iron, calcium, and vitamin-rich foods.

However, three-month-old babies cannot actually eat complementary foods. Parents must not rush. Because babies are not as well-functioning as adults. If you add complementary foods to your baby too early, your baby's digestive function is not perfect. At this time Symptoms such as vomiting and diarrhea will occur. And it is precisely because the baby's digestive function is not perfect. Once these symptoms appear, it is difficult to recover, which will cause the baby to have abnormal bowel movements for a long time and seriously endanger the baby's health.

Therefore, the feeding of the baby should be carried out step by step, and the feeding should be carried out in a scientific manner. Breastfeeding is the main method at 3 months, and only after 4 months can you feed the baby with some mud-like food. At this time, parents can make it by themselves, if you find it troublesome, you can go to the store and buy it directly.



[Shandong Loyal Industrial Co., Ltd.](#) has many years of research experience in baby food. The [baby food production line](#) produced is high in quality and cost-effective. It has been exported to many countries and regions and has a very high reputation in the world. The quality of the entire production line is very reliable, the operation is stable, and the production quality is high. The baby food produced has gained the trust of thousands of parents. Our biscuit production line, soy meat machine and bread crumb production line are also high-quality and inexpensive.

If you have any questions about baby food, please feel free to contact us and we will answer it for you, but remember that when your baby is 3 months old, he can't eat any food, only breast milk.