

# What Solids Can I Feed My 3-Month-Old?

Every novice mother is very frightened when feeding her baby. The baby is small, can not speak, can not express. How to feed is the most correct, presumably many mothers have not figured it out. In the growing process of the baby, there are always countless voices in the mother's ear. They said to give the baby a solid food to eat slowly. This way the baby won't be hungry or trouble. The fact is really so?

Many new mothers listen to others and start feeding their babies solid foods when they are 3 months old. What solid foods can their babies eat at 3 months old?



For babies who are just 3 months old, breastfeeding or formula feeding should be the main method at this time. It is not allowed to eat any solid food. Before the baby is 4 months

old, the baby's fragile digestive system cannot digest solid food. If you give your baby solid food at this time, it will not only cause the baby to get stuck, but also because the baby will inhale a small amount of food into the lungs. It can also cause some lung diseases, constipation and other abdominal diseases.

But some experts say that giving babies solid food too early could lead to obesity. Because they consume calories they do not need. It could be a bad thing for them.

Some people think that since you can not give the baby to eat solid food. So can you feed some juice and other liquid. And this is not possible. Liquids such as juice will weaken the baby's appetite for breast milk. This will lay a hidden danger for picky eaters in the future. It can also cause other diseases such as diarrhea and abdominal pain.

Therefore, it is very unscientific to feed solids to a 3-month-old baby. Adding complementary foods must be carried out in accordance with scientific feeding methods. When your baby is 4 months old, you can add some puree foods such as baby rice noodles. Of course, breastfeeding should be the mainstay, and the transition to normal meals should be made step by step. Before the baby is 1 year old, it is not allowed to eat any solid food. Solid foods are particularly harmful to babies.

Baby rice noodles are the best choice for babies to contact complementary foods. Regular manufacturers usually use [baby rice noodle production lines](#) for production. The baby rice noodle production line produced by our [Loyal company](#) has high production efficiency and production quality. The stable production of the manufacturer can be guaranteed. At the same time, the production line has a very high cost performance. Let manufacturers get the highest return with the lowest investment. In addition, our instant noodle production line, corn flake production line and snack food production line are

all well received.

When the baby is 3 months old, it is not allowed to eat any solid food. The baby's feeding has a very strict standard. Only scientific feeding can cultivate the baby's good living habits. And it can make the baby smart and healthy!