






Introducing Solid Foods – 6-8 Months Old



	Date Introduced	Like or Dislike?	Reactions?
CEREALS and GRAINS			
	Rice		
	Barley		
	Oat		
Notes:			
FRUITS			
	Avocado		
	Apricots		
	Apples		
	Bananas		
	Mangos		
	Nectarines		
	Peaches		
	Pears		
	Plums		
	Prunes		
Pumpkin			
Notes:			
VEGETABLES			
	Sweet Potatoes		
	Butternut Squash		
	Carrots		
	Green Beans		
	Parsnips		
	Peas		
	Summer Squash		
Notes:			
PROTEIN			
	Chicken		
	Turkey		
	Tofu		
Notes:			
DAIRY			
	Plain Whole Milk Yogurt		
Notes:			