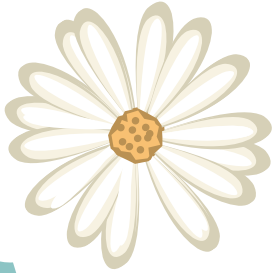


# Foods For Baby



## Ten to Twelve Months

CEREALS & GRAINS: Any type

FRUITS: Berries - Citrus

VEGETABLES: Corn - Cucumbers - Spinach - Tomatoes (acidic, not an allergen!)

PROTEIN: Whole Eggs - Any Fish

DAIRY: Whole Milk as a drink at 12 months -  
Soft Cheeses after 12 months!



[wholesomebabyfood.com](http://wholesomebabyfood.com)  
Feed your baby with wholesome  
goodness and lots of Love!

Think about adding more texture and finger foods to baby's cuisine.  
Use the Chop or Blend selection on your Food Processor or Blender; you may try to mash with a fork also.