






Introducing Solid Foods at 4-6 Months Old



	Date Introduced	Like or Dislike?	Reactions?
CEREALS and GRAINS			
	Rice		
	Barley		
	Oat		
Notes:			
FRUITS			
	Avocado		
	Apples		
	Bananas		
	Pears		
Notes:			
VEGETABLES			
	Sweet Potatoes		
	Butternut Squash		
	Green Beans		
Notes:			
PROTEIN			
	None		
Notes:			
DAIRY			
	None		
Notes:			