

Follow the "4 Day Wait Rule" and introduce new foods every 3-4 days to check for allergies

## Starting Solids

**Age to Start Solids** - Current recommendations indicate that breast milk/formula be baby's main source of nutrition until at least 6 months of age! Many pediatricians still recommend solids at 4 months of age and this chart accommodates that recommendation.

**When Starting Solids** - Start slowly, with a tablespoon sized portion of the food you have chosen to begin with. Baby may eat only 1/2 of the portion the very first times you begin solids. Don't fret if your baby does not "finish" a meal. Foods are more for practice than for nutrition.

## Foods For Baby

**Cereals** - Rice & Oatmeal cereals are less likely to be allergenic & most babies are started with these.

**Fruits** - All may be served raw after 8 months old - bananas and avocados do NOT need to be cooked. Soft fruits like pears and peaches might also be served raw.

**Vegetables** - Always serve cooked until after 12 months old or when baby can chew well enough so that no choking hazard is present.

**Protein** - Serve meat cooked - no pink areas. Never give a small baby/child raw meat or fish.

**Dairy** - never replace breast milk or formula until after 12 months - serious health risks may occur!

Always consult your pediatrician when introducing solid foods to your baby. This chart is not meant as medical advice to replace that of your pediatrician.

### Four to Six (4-6) Months Old

**CEREALS & GRAINS:** Rice - Barley - Oat

**FRUITS:** Apples - Avocado - Bananas - Pears

**VEGETABLES:** Sweet Potatoes - Acorn/Butternut Squash - Green Beans

**PROTEIN :** None

**DAIRY:** None



### Six to Eight (6-8) Months

**CEREALS & GRAINS:** Rice - Barley - Oat

**FRUITS:** Apricots - Avocados - Mangos - Nectarines - Peaches - Plums - Prunes - Pumpkin

**VEGETABLES:** Carrots\* - Peas - Yellow Squash Zucchini - Parsnips (8 months)

**PROTEIN:** Chicken - Turkey - Tofu

**DAIRY:** Plain Whole Milk Yogurt



### Eight to Ten (8-10) Months Old

**CEREALS & GRAINS:** Flax - Graham crackers - Kamut - Quinoa - Millet - Multi-grain crackers - Cheerio's - Wheat & Wheat germ - Toast

**FRUITS:** Blueberries - Cantaloupe & Melons - Cherries - Cranberries - Dates - Figs - Grapes (peeled and mashed into other foods only.) - Kiwi - Papaya

**VEGETABLES:** Asparagus - Broccoli - Cauliflower Eggplant - White Potatoes - Onions, Peppers, Leeks, Mushrooms, Parsnips

**PROTEIN:** Egg Yolks - Beans/Legumes - Beef - Pork - Ham (natural Ham only!)

**DAIRY:** Cream Cheese - Cottage Cheese - Colby - Jack - Cheddars (no soft cheeses such as Brie!)

### Ten to Twelve (10-12) Months Old

**CEREALS & GRAINS:** Pastas - Wheat cereals - Bagels -

**FRUITS:** Berries - Cherries - Citrus - Dates - Grapes\* (cut in 1/4 or in a Baby Safe Feeder)

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

**PROTEIN:** Whole Eggs (12 months) - Fish (White Fish such as Cod, Haddock)

**DAIRY:** Whole Milk as a drink (12 months) - Stronger Cheddars - Gouda - Monterey Jack - Muenster - Provolone - Swiss (soft cheeses after 12 months!)

