






## Introducing Solid Foods at 4-6 Months Old



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