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!

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!)

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