

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!)

