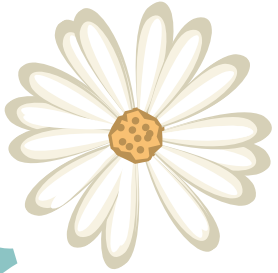


# Foods For Baby



## Six to Eight (6-8) Months

CEREALS & GRAINS: Rice - Barley - Oat

FRUITS: Avocado - Apricots - Apples - Bananas - Mangos - Nectarines - Peaches - Pears - Plums - Prunes - Pumpkin

VEGETABLES: Sweet Potatoes - Acorn/Butternut Squash - Carrots - Green Beans - Peas - Yellow Squash/Zucchini - Parsnips

PROTEIN: Chicken - Turkey - Tofu

DAIRY: Plain Whole Milk Yogurt

Continue mixing together the foods that you have already introduced without allergies or reactions. Try a Banana-Cado mix of Bananas and Avocado for example



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Feed your baby with wholesome goodness and lots of Love!