

# Foods For Baby

## Eight Months and Older



GRAINS & SEEDS: Amaranth - Barley - Buckwheat - Flax - Kamut - Millet - Oats - Pasta - Quinoa - Rice - Wheat - Wheat Germ - Sesame - Spelt

FRUITS: Avocado - Apricots - Apples - Bananas - Blueberries - Cantaloupe - Cherries - Cranberries - Dates - Figs - Grapes - Kiwi - Mangos - Nectarines - Papaya - Peaches - Pears - Persimmons - Plums - Prunes - Pumpkin

VEGETABLES: Acorn Squash - Artichokes - Asparagus - Broccoli - Butternut Squash - Carrots - Cauliflower - Eggplant - Fennel - Green Beans - Leeks - Mushrooms - Onions - Parsnips - Peas - Peppers - Summer Squash - Sweet Potatoes - Zucchini

PROTEIN: Beans/Legumes - Beef - Chicken - Egg Yolks (Whole Eggs) - Fish - Ham (natural) - Pork - Tofu - Turkey -

DAIRY: Cottage Cheese - Colby - Jack - Cheddars - **no soft cheeses like Brie or Bleu!**



Always consult your baby's pediatrician about introducing new foods, and feeding your baby.