

Sample Guide for Introducing Foods to Baby

Introduce 1 tsp of new food at first, increasing a little each day up to ½ jar (4 Tbls.)

Wait 3-4 days before starting each new food.

Give baby the following foods pureed or mashed. Start lumpier foods after 7 mos.

Months	Cereal, Starches	Fruits	Vegetables	Proteins
4	Baby rice Baby oatmeal	Applesauce Bananas Apple juice (diluted at first)		
5	Barley cereal Cream of rice	Cooked: pears, peaches	Cooked pureed: carrots winter squash green beans	
6	Graham cracker Zwiebach Dry wheat toast	Cooked: plums, apricots	Cooked: peas, Sweet potatoes	Egg yolk Egg-yolk custard
7	Mashed potatoes High protein cereal Noodles Teething biscuits	Cooked prunes	Cooked spinach Yams Beets	Chicken Turkey Yogurt
8	Cream of wheat Other mixed cereals	Raw pears Pineapple	Summer squash Asparagus Artichokes	Cottage cheese American cheese Crisp bacon Veal, beef, pork
9	Bagel Oatmeal	Orange Orange juice Raw apple	Celery Broccoli Cauliflower Yams	Lamb, liver Grated or sliced cheese
10	Pasta	Raw plums Nectarines	Corn Lima beans Dry cooked beans and peas	Tofu Fish (white, non-oily, no shell)
11	Pancakes Muffins	Apricots Papaya Grapefruit	Tomatoes Okra	Peanut Butter
12 to 18 mos.	French toast	Grapes halves Strawberries Melon Mango Kiwi	Brussel sprouts Cabbage Egg plant Onions Mushrooms Cucumber	Ham Whole milk Whole eggs Ice cream Salmon or tuna