

WEANING CHART



4-6 months

READY?

Make sure your baby is able to sit up in a high chair with his or her head up before starting solid foods.

Cereal / Grains:

- white rice cereal
- brown rice cereal

Veggies:

As Cooked Purees

- sweet potato
- white potato
- carrots
- butternut squash
- pumpkin
- swede/rutabaga
- parsnip

Fruit:

As Cooked Purees

- banana
- pear
- avocado
- plum
- apple
- peach
- nectarine

6-9 months

Cereal / Grains:

- wheat
- wheat germ
- rye
- barley
- oats
- quinoa

Fruit:

As Cooked Purees & Mashed Raw Fruit If Soft

- blueberry
- papaya
- melon
- apricot
- mango
- kiwi
- pineapple
- tomato
- citrus
- strawberries
- raspberries
- raisins & grapes (chopped or pureed)

Veggies & Legumes:

As Cooked Purees & Mashed

- peas
- green beans
- zucchini
- bell pepper
- broccoli
- eggplant
- cauliflower
- creamed corn
- yellow squash
- beets

- lentils / dried beans
- onions
- asparagus
- turnips
- soy
- spinach

Dairy:

- yogurt & cooked milk

Eggs:

- cooked egg

Meat:

purees or mashed

- start with chicken
- beef
- pork
- lamb
- turkey

Fish:

- white fish
- light tuna
- salmon
- mackerel
- shell fish

Nuts:

- creamy peanut butter
- ground nuts

Other:

- aromatic spices
- herbs
- garlic
- mushrooms

IMPORTANT!

HIGHLY ALLERGENIC FOODS

The American Academy of Pediatrics (AAP) is now encouraging parents to introduce foods considered to be "highly allergenic" at an earlier age.

Can My Baby Eat These?

ONLY introduce the highly allergenic foods to your baby if both:

1. You have discussed any potential food allergies specific to your child with his or her pediatrician.
2. No signs of allergy were present with earlier foods that were introduced.



Highly Allergenic Foods (or foods likely to contain Highly Allergenic ingredients) are marked with a **RED CROSS**.

9-12 months

Fruit:

Previously introduced fresh soft fruits & vegetables diced into small bits or strips

Dairy:

- mild hard cheese

Meat:

Previously introduced meats can now be shredded, diced small or ground

- Bacon (small amounts)
- Ham

Grains:

- pasta

Tofu:

- toward end of stage

Other:

- flax seeds (ground)

12+ months

Veggies:

- corn

Dairy:

Lowfat milk may be introduced after two years of age

- whole milk to drink

Other:

- honey

3 DAY RULE

When introducing new foods to your baby, follow the 3 Day Rule: only one new food every three days to target any potential allergic reactions.

Remember, always consult with your child's pediatrician before introducing solid foods to your baby and specifically discuss any foods that may pose allergy risks for your baby as well as signs of an allergic reaction.

Sources:
 • Healthy Meals for Babies & Toddlers, Valerie Barrett.
 • What to Expect the First Year, Murkoff, Eisenberg & Hathaway
 • www.homemade-baby-food-recipes.com
 • www.uptodate.com
 • www.babycentre.co.uk

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