

BABY'S FIRST FOODS

Buzzee's food chart for 11 & 12-month old lil' ones



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.

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.

FRUITS



- All Fruits In Mashed Or Chopped Form
Except Pineapple Or Citrus Fruits

VEGGIES



- All Seasonal Vegetables In Mashed Or Boiled Form
Vegetable Salad

DAIRY



- Butter / Ghee In Moderation • Paneer
• Homemade Curd • Yogurt • Cheese

PULSES



- All Pulses Can Be Served With
Rice In Boiled Or Mashed Form

GRAINS



- ragi porridge • barley porridge • rava khichdi • lentil / wheat khichdi
• oats porridge • poha • puffed rice • rice with dal and mashed veggies
• idli and dosa • curd rice • ghee rice • paneer with rice • vegetable upma
• brown bread • chapati • wheat dosa • wheat pancakes • vegetable pulao

NON-VEG



- Boiled Fish (Consult Doctor On Variety) • Boiled And Mashed Egg Yolk
• Scrambled Egg Yolk • Chicken Stock Or Clear Soup
• Cooked Chicken Or Fish With Ghee Rice



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