

BABY'S FIRST FOODS

Buzzee's food chart for 6 & 7-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



- Apple Puree • Avocado Puree / Mash
- Banana Puree / Mash • Pears Puree

VEGGIES



- Carrot Mash / Puree • Pumpkin Mash / Puree
- Sweet Potato Mash
- White Potato Mash • Green Beans Mash

DAIRY



- Butter / Ghee In Moderation

PULSES



- Yellow Lentils Soup
- Red Lentils Soup

GRAINS



- Rice Porridge • Ragi Porridge
- Barley Porridge • Rava Kheer

NON-VEG



Not recommended for babies under 8 months



For more food charts, trusted resources on parenting and beyond, **scan the QR Code** or visit buzzeebabies.com/foodchart



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