

BABY'S FIRST FOODS

Buzzee's food chart for 9 & 10-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 Mash / Small Steamed Pieces • Avocado Mash / Small Pieces
- Banana Mash / Small Pieces • Pears Mash / Small Steamed Pieces
- Papaya Mash • Grapes • Mangoes • Kiwi • Figs
- Watermelon • Muskmelon

VEGGIES



- Carrot Mash / Small Boiled Pieces • Pumpkin Mash
- Sweet Potato Mash / Small Boiled Pieces • Boiled Broccoli
- White Potato Mash / Small Boiled Pieces • Green Beans Mash
- Boiled Cauliflower • Vegetable Soup • Squash • Bell Pepper

DAIRY



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

PULSES



- Yellow Lentils Soup • Red Lentils Soup
- White Chickpeas Boiled & Mashed
- Black Chickpeas Boiled & Mashed

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 • Brown Bread

NON-VEG



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



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