

Baby Food Guide

6 Months – 12 Months



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How to Use This Guide (And How Not To...)

This short little guide is meant to help you know when certain foods are appropriate to introduce to your baby's diet.

It is not meant to show you HOW to introduce new foods. That process is best explained in longer books. Think of it as a handy-dandy Reference Guide. Not a How-To Manual. For a list of baby food books that I've reviewed, go to...

<http://www.the-essential-infant-resource-for-moms.com.com/Books-Baby-Food.html>

If there is a history of allergies in your family, I recommend avoiding those trigger foods until after the first birthday, regardless when they show up on the charts below.

Whenever you see "foods" mentally note "prepared and pureed foods". Each page shares the foods that you can introduce at that month. This means any foods listed on previous pages are all safe for babies up to the current age.

Don't rush through these, feeling you have to introduce all these foods before the next month comes along. You'll want to follow the 4-day wait rule. Stick to one food for 4 days before adding on new ones. That way if there is an allergy, you'll know exactly which food caused it (You'd be surprised what some people are allergic to! Don't make assumptions and wait the 4 days to be sure.)

Unless it is specified, all the foods listed are meant to be COOKED. Raw foods are for older babies. Remember that all food is gummed and then swallowed relatively whole, so **soft small pieces are the safest**.

BTW, it's always a good thing to discuss your desire to introduce solids to your pediatrician. Feel free to bring this in and discuss it. He may have ideas or preferences to add or change with the schedule below. Remember my motto: *When in doubt, give Doc a shout!*

Happy feeding!

Heather

Foods to Introduce at 6 Months

Foods at this stage should be prepared (ahem...cooked & pureed) just *slightly* thicker than breast milk or formula. It should easily pour off the spoon and into baby's mouth. You may need to strain the fruits to eliminate lumps.

Fruits

Ripe avocado

Ripe banana

Mango

Papaya

Pears

Vegetables

Sweet potatoes

Winter squash

Grains

Brown rice

Barley cereal

Millet cereal

Oat cereal

Other

Whole milk yogurt (plain)

Foods to Introduce at 7 Months

You still want the foods pureed or mashed until smooth and lump-free. If your baby seems to be grasping the swallowing-thing, you could make the food slightly thicker. However, it should still be similar to thick cream in consistency.

This is also the age where you can start diluting the following juices with water: apple, apricot, grape, papaya, pear, peach, prune

Fruits

peaches

Vegetables

Asparagus

Carrots

Green beans

Peas

(Cooked & pureed ONLY)

Summer squash

White potatoes

Sugar Snap Beans

Yellow Beans

Waxed Beans

Celery

(cooked! Not for snacks!)

Grains

Other

Tofu

Cottage cheese

Hard cooked & mashed
egg yolk (not egg white)

Foods to Introduce at 8 Months

At this age you can gradually increase the thickness of food, even allowing some chunkiness to remain in the texture. You can offer very soft finger foods for him to play with. Keep in mind that you'll want any chunks to be very small. He doesn't have enough teeth to properly chew food, everything will be gummed. You want all his food to be small enough to be swallowed whole. If it appears he is choking or gagging on finger foods, put them away for another month.

Fruits

Apricots

Apples

Cantaloupe

Honeydew

Kiwi Fruit

(peeled & diced as finger food)

Plums

Watermelon

Grapes

(quartered & diced ONLY)

Vegetables

Broccoli

Okra

Grains

Other

Tahini spread

Finely ground nuts
(unless family allergy)

Cheese

Finely ground seeds

Foods to Introduce at 9 Months

Nine months is a great time to introduce cooked beans, lentils and split peas. Mash them up before serving. There are a wide variety of vegetables that can be introduced at this age. Be sure to cook them well, puree with slight thickness.

Fruits

Pineapple

Cherries

(finely diced, pits removed)

Vegetables

Brussels sprouts

Cauliflower

Onions

(Diced and cooked ONLY)

Beets

Eggplant

Rhubarb

Rutabagas & Turnips

Raw parsley

(finely chopped)

Cooked Greens

(mustard, collard, spinach, kale)

Mushrooms

(Diced and cooked ONLY)

Grains

Other

Beans

Lentils

Split peas

Foods to Introduce at 10 Months

Foods at this age should still be fork-mashed or pureed. Also, you should never leave your baby alone while eating. You can introduce nut butters. Also you can begin introducing raw fruits and vegetables by finely grating them. Finely grated apples (peeled), summer squash, carrots, and sweet peppers are a fun new snack.

Fruits

Vegetables

Grains

Other

Sweet bell peppers
(finely grated)

Lettuce
(finely diced)

Bulgur

Cornmeal

Whole grain pastas

Thinned creamy peanut
butter – not chunky
(unless family allergy)

Foods to Introduce over 1 Year Old

Still fork-mash and puree your baby's food at this age. She will be gaining confidence in self-feeding, so her own special fork would be a great treat. Sippy cups can be introduced at this stage as well. Again, NEVER leave your baby alone during meals or snacks. Yes, I know tomatoes are fruits. But I feel weird typing it in the "fruit" column. So humor me.

As for the berries – these should all be either pureed or diced (yes, even the blueberries). They are choking hazards whole.

<i>Fruits</i>	<i>Vegetables</i>	<i>Grains</i>	<i>Other</i>
Orange Juice (watered)	Tomatoes	Wheat germ	Cow's milk
Oranges	Tomato Juice		Hard-cooked egg white
Clementine	Cabbage <i>(at 18 months)</i>		honey
Grapefruit	Corn <i>(at 18 months)</i>		
Lemons	Cucumbers, grated <i>(at 18 months)</i>		
Limes			
Mandarin Oranges			
Tangerine			
Chopped Berries <i>(strawberries, blueberries, blackberries, raspberries)</i>			