

# FIRST FOODS

## PUREES

### 6 MONTHS

PUREED FRUIT- APPLES, PEARS, BANANA  
PUREED VEGGIES- GREEN BEANS, SWEET POTATO, PUMPKIN, CARROTS  
BUTTERNUT SQUASH SOUP  
PROTEIN- BEAN/LEGUME PUREE, TOFU, EGG BOILED AND MASHED, FULL FAT YOGURT

### 7 / 8 MONTHS

FRUITS- KIWI, BLUEBERRY, MELON, PEACH  
VEGGIES- SPINACH, PEAS, LEEKS, CAULIFLOWER, RADISH  
DIPS- GUACAMOLE, HUMMUS, TOMATO SAUCE, PUREED NUT BUTTER  
PROTEIN- MEAT, FISH, CHICKEN, EGGS

### 9+ MONTHS

FRUITS- MANGO, CHERRY, PAPAYA, PINEAPPLE, STRAWBERRY  
STARCHES- BARLEY, OATMEAL, WAFFLES, CASSAVA  
SLICED AVOCADO  
INTRODUCE TO FAMILY MEALS

### ALLERGENIC FOODS

New guidelines suggest introducing allergenic (such as peanuts) in age-appropriate form as early as 4-6 months for babies that are at risk of developing an allergy. Giving babies these foods before 1 decreases their risk of developing a peanut allergy before 5 by 81%.

Allergic reactions may range from rash or vomiting to trouble breathing. They may occur within minutes or may appear up to two hours after interaction with allergen.

As always, use common sense, do what is best for your family in your circumstances, and consult your pediatrician. I am not a doctor (nor do I play one on TV), and this information should not be considered medical advice or diagnosis.

### When to introduce solid foods

- Between 4 and 6 months
- Baby can hold head up
- Baby looks interested during meals with solid foods

### Tips

- I like to start feeding baby in their bouncy seat as opposed to a high chair that requires a vertical seated position (please contact me if you would like further explanation regarding why)
- I prefer using the rainbow method. It just feels less overwhelming to me. I start off with green or orange foods, then move through the colors until I'm confident with Baby's ability to consume a variety of foods.
- Start slowly. A small spoonful is enough at the beginning
- Be persistent. It may take 10-20 introductions before a baby accepts a new food (this goes for older children too)



# FIRST FOODS

## BABY-LED WEANING

### 6 MONTHS

CUT FINGER SIZE OR LARGER

ROASTED- SWEET POTATO WEDGES, APPLE WEDGES, CAULIFLOWER, ASPARAGUS, BEETS  
FRUIT- RASPBERRY, AVOCADO, RIPE PEAR  
LARGE PIECE OF BEEF/LAMB/CHICKEN BABY CAN SUCK ON

AVOID- HARD, STICKY, CRUNCHY, SLIPPERY

### 7/8 MONTHS

FRUITS- MELON SPEARS, PAPAYA, CUCUMBER  
VEGGIES- BRUSSELS SPROUTS, MUSHROOMS, GREEN BEANS, BEETS, STEAMED BABY CORN  
PROTEIN- SCRAMBLED EGGS, MEATBALLS, NUT BUTTERS, STEAK, WILD SALMON  
STARCH- TOAST STICKS WITH SMEAR, PEANUT PUFFS, BARLEY, FARRO

### 9+ MONTHS

DAIRY- COTTAGE CHEESE, SHREDDED CHEESE, KEFIR, PASTEURIZED CHEESE  
VEGGIES- KALE CHIPS, CORN, PEAS  
STARCH- MUFFINS, PASTA  
INTRODUCE TO FAMILY MEALS

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### Do me a favor

- Green bean face is my favorite. Please photograph it and share with me!
- Don't stress yourself out and do what is best for your baby and your family

### Tips

- Season baby's food similar to your family's cooking when appropriate, but avoid adding salt or sugar to baby's foods.
- Try several versions too different foods (ie. coconut yogurt, tofu for protein, almond butter, warm/cool)
- Try different textures. Mashed, pureed, sliced for baby led weaning.
- Allow your baby to touch, hold, and play with new foods. The sensory input is critical for their growing brain.

