



[www.homemade-baby-food-recipes.com](http://www.homemade-baby-food-recipes.com)

Please note that recommendations vary and you should ALWAYS check with your doctor before introducing new foods.

Foods marked with an asterisk \* are common allergens and should be introduced with care after consulting with your pediatrician.

	4 to 6 months	6 to 9 months	10 to 12 months	12 months+
<b>Fruit</b>	<ul style="list-style-type: none"> <li>☺ banana</li> <li>☺ pear</li> <li>☺ avocado</li> <li>☺ plum</li> <li>☺ apple</li> <li>☺ peach</li> <li>☺ nectarine</li> </ul>	same as 4 to 6 months PLUS: <ul style="list-style-type: none"> <li>☺ blueberry</li> <li>☺ papaya</li> <li>☺ melon</li> <li>☺ apricot</li> <li>☺ raisins and grapes (chopped or pureed)</li> </ul> THEN <ul style="list-style-type: none"> <li>☺ kiwi fruit ( 8 months)</li> </ul>	same as 6 to 9 months PLUS: <ul style="list-style-type: none"> <li>☺ mango</li> <li>☺ pineapple</li> </ul>	same as 10 to 12 months PLUS: <ul style="list-style-type: none"> <li>☺ citrus</li> <li>☺ berries (including strawberries and raspberries but NOT including blueberries, which can be introduced earlier)*</li> </ul>
<b>Cereal and Grains</b>	<ul style="list-style-type: none"> <li>☺ white rice</li> <li>☺ brown rice</li> </ul>	same as 4 to 6 months PLUS: <ul style="list-style-type: none"> <li>☺ wheat*</li> <li>☺ wheat germ*</li> <li>☺ rye</li> <li>☺ barley</li> <li>☺ oats</li> <li>☺ quinoa</li> <li>☺ pasta</li> </ul>		

<b>Veggies</b>	<ul style="list-style-type: none"> <li>☺ sweet potato</li> <li>☺ white potato</li> <li>☺ carrots</li> <li>☺ butternut squash</li> <li>☺ pumpkin</li> <li>☺ swede/rutabaga</li> <li>☺ parsnip</li> </ul>	<p>same as 4 to 6 months PLUS:</p> <ul style="list-style-type: none"> <li>☺ peas</li> <li>☺ green beans</li> <li>☺ zucchini or courgette</li> <li>☺ bell pepper</li> </ul> <p>THEN</p> <ul style="list-style-type: none"> <li>☺ broccoli</li> <li>☺ eggplant</li> <li>☺ cauliflower</li> <li>☺ beets/beetroot</li> <li>☺ lentils/dried beans</li> <li>☺ onions</li> <li>☺ asparagus</li> <li>☺ turnips</li> <li>☺ soy (inc tofu)*</li> </ul>	<p>same as 6 to 9 months PLUS:</p> <ul style="list-style-type: none"> <li>☺ tomatoes</li> <li>☺ spinach</li> <li>☺ okra</li> </ul>	<p>same as 10 to 12 months PLUS:</p> <ul style="list-style-type: none"> <li>☺ corn*</li> </ul>
<b>Dairy</b>	<ul style="list-style-type: none"> <li>☺ yogurt/fromage frais (some pediatricians advise waiting until at least 6 months)</li> </ul>	<p>same as 4 to 6 months PLUS:</p> <ul style="list-style-type: none"> <li>☺ cheese</li> <li>☺ yogurt</li> <li>☺ yogurt cheese</li> </ul>	<p>same as 6 to 9 months</p>	<p>same as 10 to 12 months PLUS:</p> <ul style="list-style-type: none"> <li>☺ cow's milk (as a main drink)</li> </ul>
<b>Eggs</b>		<ul style="list-style-type: none"> <li>☺ cooked egg yolk</li> <li>☺ cooked egg white (with caution)*</li> </ul>		
<b>Fish</b>		<ul style="list-style-type: none"> <li>☺ white fish (eg cod, haddock, pollock)</li> <li>☺ light tuna</li> <li>☺ salmon</li> <li>☺ sardines</li> <li>☺ mackerel</li> </ul>		
<b>Meat</b>		<ul style="list-style-type: none"> <li>☺ chicken</li> <li>☺ beef</li> <li>☺ pork</li> <li>☺ lamb</li> <li>☺ turkey</li> </ul>		

Other		<ul style="list-style-type: none"><li>☺ aromatic spices</li><li>☺ herbs</li><li>☺ garlic</li><li>☺ flax seeds (ground)</li><li>☺ sesame seeds (ground)</li><li>☺ mushrooms</li></ul>		<ul style="list-style-type: none"><li>☺ peanuts and peanut butter*</li><li>☺ other nuts*</li><li>☺ shellfish*</li><li>☺ honey</li></ul>
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