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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.

| | 6 to 9 months |
|--------------------------|--|
| Fruit | <ul style="list-style-type: none"> ☺ banana ☺ pear ☺ avocado ☺ plum ☺ apple ☺ peach ☺ nectarine ☺ blueberry ☺ papaya ☺ melon ☺ apricot ☺ raisins and grapes (chopped or pureed) <p>THEN</p> <ul style="list-style-type: none"> ☺ kiwi fruit (8 months) |
| Cereal and Grains | <ul style="list-style-type: none"> ☺ white rice ☺ brown rice ☺ wheat* ☺ wheat germ* ☺ rye ☺ barley ☺ oats ☺ quinoa ☺ pasta |

| | |
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| Veggies | <ul style="list-style-type: none"> ☺ sweet potato ☺ white potato ☺ carrots ☺ butternut squash ☺ pumpkin ☺ swede/rutabaga ☺ parsnip ☺ peas ☺ green beans ☺ zucchini or courgette ☺ bell pepper <p>THEN</p> <ul style="list-style-type: none"> ☺ broccoli ☺ eggplant ☺ cauliflower ☺ beets/beetroot ☺ lentils/dried beans ☺ onions ☺ asparagus ☺ turnips ☺ soy (inc tofu)* |
| Dairy | <ul style="list-style-type: none"> ☺ cheese ☺ yogurt/fromage frais ☺ yogurt cheese |
| Eggs | <ul style="list-style-type: none"> ☺ cooked egg yolk ☺ cooked egg white (with caution)* |
| Fish | <ul style="list-style-type: none"> ☺ white fish (eg cod, haddock, pollock) ☺ light tuna ☺ salmon ☺ sardines ☺ mackerel |
| Meat | <ul style="list-style-type: none"> ☺ chicken ☺ beef ☺ pork ☺ lamb ☺ turkey |

Other

- ☺ aromatic spices
- ☺ herbs
- ☺ garlic
- ☺ flax seeds (ground)
- ☺ sesame seeds (ground)