

# SUGGESTED FOOD CHART FOR INTRODUCING BABY FOOD!

## First Year Baby Food Chart

### Fruits

Apples	4-6 months
Avocados	4-6 months
Apricots	6-8 months
Bananas	4-6 months
Blueberries	8-10 months
Cherries	8-10 months
Citrus	12 months
Coconut	8-10 months
Cranberries	8-10 months
Figs	8-10 months
Grapes	8-10 months
Kiwi Fruit	8-10 months
Mango	6-8 months
Melons	8-10 months
Nectarines	4-6 months
Peaches	6-8 months
Papaya	8-10 months
Pears	4-6 months
Persimmons	8-10 months
Plums	6-8 months
Prunes	6-8 months
Pumpkin	6-8 months
Strawberries	10-12 months

### Meats & Proteins

Beef	8-10 months
Eggs	8-10 months
Chicken	6-8 months
Tofu	6-8 months
Pork	8-10 months
Turkey	6-8 months

### Dairy

Cow's milk	12 months
Cheese	8-10 months
Cottage cheese	8-10 months
Cream cheese	8-10 months
Yogurt	6-8 months

### Vegetables

Asparagus	8-10 months
Broccoli	8-10 months
Beans (Dried/Lentils)	10 – 12 months
Beets	8-10 months
Carrots	6-8 months
Cauliflower	8-10 months
Corn	10-12 months
Cucumber	8-10 months
Eggplant	8-10 months
Green Beans	4-6 months
Kale	8-10 months
Leeks	8-10 months
Onions	8-10 months
Parsnips	6-8 months
Peas	6-8 months
Peppers	8-10 months
Potato – White	8-10 months
Sweet Potato	4-6 months
Spinach	10-12 months
Squash – Butternut	4-6 months
Squash – Zucchini	6-8 months
Tomatoes	12 months
Turnip	8-10 months

### Grains

Barley	8-10 months
Buckwheat/Kasha	8-10 months
Flax	8-10 months
Kamut	8-10 months
Millet	8-10 months
Oatmeal	4-6 months
Pasta	8-10 months
Quinoa	8-10 months
Rice	4-6 months

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healthier minded cooking.