

FEEDING GUIDELINES: ALL FOODS MUST BE CUT OR PORTIONED TO THE APPROPRIATE SIZE FOR YOUR CHILD. This is a guide and some foods can be offered sooner or later. The most important points are bolded.

4-6 months: pureed food

- New foods should be given for 2-3 days before another new food is started. Especially the most allergenic foods (nuts, dairy, soy, wheat, eggs, fish and shellfish). This is to check for possible food allergies.
 - **Signs of food allergies include: diarrhea, hives, diaper rash, or swollen lips.**
 - SERVING SIZE IS APPROXIMATELY THE SAME SIZE AS YOUR CHILD'S PALM. Start with this amount, if baby wants more that is ok.
 - Cereals: (Start here) oatmeal or barley or rice. Wheat based cereals to be given last.
 - Fruits: apples, bananas, pears, plums, prunes
 - Vegetables: avocados, green beans, sweet potatoes, butternut squash, carrots
 - Nuts: peanut butter, nut butter, eggs and yogurt may be introduced now, in most cases. Discuss with your doctor.
- ** No peanuts, tree nuts or strawberries if family history of those allergies (parent or sibling) ****
- Allergy testing can be performed at 6 months old before starting these foods

6-8 months: pureed or solid foods (if able to self-feed)

- SERVING SIZE IS APPROXIMATELY THE SAME SIZE AS YOUR CHILD'S PALM.
- Cereals/Grains: Cereals may continue as before, may offer crackers (saltines or graham).
- Fruits: Mango, peaches, papaya, oranges, grapefruit, strawberries, raspberries, blackberries
- Vegetables: carrots (cooked and peeled), cauliflower, parsnips, peas, zucchini, avocados, green beans, sweet potatoes, butternut squash
- Dairy: cheese, yogurt
- Proteins: beef, chicken, pork, turkey, beans, tofu, whole eggs, fish, shellfish or tuna

8-10 months

- SERVING SIZE IS APPROXIMATELY THE SAME SIZE AS YOUR CHILD'S PALM.

Offer Table Foods at This Time

- Finger Foods: rice puffs, cheerios, crackers
- Grains: buckwheat, kasha, flax, kamut, millet
- Fruits: cranberries (chopped), figs, grapes (chopped), kiwi, melons, persimmons, blueberries, coconut
- Vegetables: carrots (cooked and peeled), cauliflower, parsnips, peas, zucchini, avocados, green beans, sweet potatoes, butternut squash, asparagus, broccoli, beans, cucumber, eggplant, leeks, onions, turnip, potatoes
- Dairy: cheese, cottage cheese, cream cheese, yogurt
- Proteins: beef, chicken, pork, turkey, beans, tofu, whole eggs, fish, shellfish or tuna

10-12 months

- SERVING SIZE IS APPROXIMATELY THE SAME SIZE AS YOUR CHILD'S PALM.
- Continue to offer a variety of table foods

12 months +

- SERVING SIZE IS APPROXIMATELY THE SAME SIZE AS YOUR CHILD'S PALM.
- Fruits: **honey (never given until 12 months)**
- Dairy: **whole milk (can now offer in a cup, before 12 months whole milk can be used to cook/mix foods).**

Choking hazards. Avoid these: nuts, seeds, raisins, hard candy, whole grapes, hard raw vegetables, popcorn, and hot dogs.