

Baby Food Introduction Chart

6 MONTHS, BLW

(*all cut finger-size or larger)

- Apple, roasted wedge
- Avocado spears
- Banana
- Beef, ground (large piece)
- Beef hamburger patty (sliced)
- Beet, steamed or roasted
- Broccoli florets, roasted/steamed
- Cauliflower florets, roasted/steamed
- Chicken, dark meat shredded
- Cucumber
- Green bean
- Egg, hard cooked
- Egg in omelet, sliced
- Figs, halved
- Lamb
- Mango
- Meatball
- Melon slices
- Peach, very ripe slice
- Pear, very ripe slice
- Potato, roasted wedges
- Steak
- Sweet potato, roasted wedges
- Toast with mashed avocado
- Toast with mashed sweet potato
- Toast with light smear of peanut butter
- Toast with mashed hard cooked egg
- Watermelon
- Wild salmon

6 MONTHS, PUREES

- Almond butter puree
- Applesauce, unsweetened
- Avocado puree
- Banana puree
- Baby oatmeal
- Bean puree
- Butternut squash puree
- Egg yolk, hard cooked mashed with water
- Green bean puree
- Melon puree
- Pea puree
- Peach puree
- Peanut Butter Puree
- Pear sauce, unsweetened
- Pumpkin puree
- Sweet potato, mashed
- Whole milk plain yogurt
- Single ingredient baby food

7-8 MONTHS PUREES

- Baby rice crackers
- Beet puree
- Guacamole
- Kiwi puree
- Hummus
- Pineapple puree
- Prune puree
- Strawberry puree
- Spinach puree
- Smoothies (simple)
- Mixed ingredient baby foods
- Tomato sauce
- Tomato sauce with ground meat

7-8 MONTHS BLW

- Brussels Sprouts
- Kiwi
- Orange segment
- Pineapple spear
- Strawberry

9-10 MONTHS+

(start to dice as finger foods; should be soft & squishable)

- Banana, diced
- Barley
- Beans, slightly mashed
- Beef, ground
- Blueberries, diced
- Cheese, shredded
- Chex cereal
- Chia seed
- Chicken, ground
- Chicken, shredded
- Clementines, diced
- Cottage cheese
- Corn
- Flaxseed
- Goat cheese, soft crumbles
- Kefir, plain
- Meatball, diced
- Muffins, diced (moistened if needed)
- Millet
- O cereal
- Oatmeal
- Overnight oats
- Pasta
- Peas
- Potatoes, roasted or mashed
- Puffs
- Raspberries, diced
- Pancake, diced (moistened as needed)
- Quinoa
- Rice
- Salmon, small pieces
- Tofu, diced
- Tomatoes, fresh
- Tilapia, small pieces
- Turkey, ground

★ Continue serving foods from previous months as baby grows.

★ Avoid cow's milk, honey, added sugar, and excess added salt.

★ Know that babies learn to eat at different speeds—try not to compare.

★ Offer water with meals.