

SOLID FOODS CHEAT SHEET



STAGE 1 FOODS

Green beans, Zucchini, Peas, Avocado, Squash, Carrots, Yams, Edamame, Bananas, Apples, Plums, Pears, Peaches

PLUG UP: Bananas, Rice, Applesauce, Toast

SOFTEN UP: Plums, Peaches, Cherries



SAMPLE SCHEDULE & MENU

for a 6 - 9 month old

Breakfast Breast milk/formula

Brunch Breast milk/formula and
2 Tbsp. puréed veggies

Lunch Breast milk/formula and
2 Tbsp. puréed fruit or veggies

Afternoon snack Breast milk or formula

Dinner Breast milk/formula and
2 Tbsp. puréed veggies or protein

Bedtime snack Breast milk/formula



FOODS TO AVOID

SUGAR

SALT

HONEY

RAW VEGETABLES

ARTIFICIAL SWEETENERS

NON-FAT DAIRY PRODUCTS

UNDERDONE HAMBURGER

CHOKING HAZARDS

GRAPES

(unless peeled & diced)

DRIED FRUIT

(including raisins)

POPCORN & CHIPS

CANDY

(both hard or chewy)

PROCESSED MEATS

(like hot dogs & pepperoni)

STEAK

(unless finely shredded)



TIPS

- Know that your baby may make a face at first
- It's normal for some of the food not to get swallowed
- Provide a glass of water at every meal
- Serve the water in a sippy-cup, not a bottle
- Avoid giving your baby juice
- Try to eat at the same time as your baby
- Don't worry too much about preventing a mess but start highchair manners now
- Feed your baby a rainbow of fruits & veggies
- Fussy eaters are created, not born
- Share your own food with your baby if appropriate
- Discard leftovers your baby's saliva has touched
- Test out the temperature of warmed foods
- If you don't like the food you're feeding, put on a positive face
- Be patient and enjoy this stage!

Allergy Info: www.peps.org/ParentResources/by-topic/baby-care/food-allergies-and-kids and www.healthychildren.org/English/healthy-living/nutrition/Pages/Food-Allergies-in-Children.aspx



TIMELINE

4-6 MONTHS

- 35 oz. of breast milk and/or formula per day, served in 5 or 6 "meals" daily
- Talk to your Dr. before starting solids this soon
- Little real nutrition from solids

6-9 MONTHS

- 30 oz. of breast milk and/or formula per day, served 4 or 5 times daily
- Solids 1-3 times per day

9-12 MONTHS

- 25 oz. of breast milk and/or formula per day, offered in 3 or 4 servings
- Finger foods and adults' shared table foods, offered in 4 or 5 servings

12 MONTHS

- Discontinue formula
- Keep breastfeeding if mutually desirable
- Start giving whole-fat cow's milk if desired