

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

ALLERGY INFO: <http://www.peps.org/ParentResources/by-topic/baby-care/food-allergies-and-kids> and <https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Food-Allergies-in-Children.aspx>



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!



SAMPLE SCHEDULE & MENU

for a 6 – 8 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



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