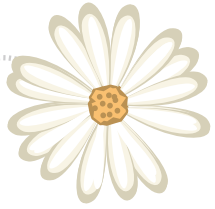


Foods For Baby

courtesy of wholesomebabyfood.com



FRUITS

Apples 4-6 months
Avocados 4-6 months
Apricots 6-8 months
Bananas 4-6 months
Blueberries 8-10 months
Cantaloupe (Melons) 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 8-10 months
Mango 6-8 months
Nectarines 6-8 months
Peaches 6-8 months
Papaya (6)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



VEGETABLES

Asparagus 8-10 months
Broccoli 8-10 months
Beans (Green) 4-6 months
Beans (Dried/Lentils) (8)10-12 months
Beets 8-10 months
Carrots 6-8 months
Cauliflower (6)8-10 months
Corn 10-12 months
Cucumber 8-10 months
Eggplant 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 etc 4-6 months
Squash-Zucchini etc 6-8 months
Tomatoes 10-12 months
Turnip 8-10 months

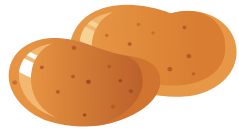


MEATS & PROTEINS

Beef 8-10 months
Chicken 6-8 months
Eggs 8-10 months
Fish 8-10-12 months
Pork 8-10 months
Tofu 6-8 months
Turkey 6-8 months
Wild Game - consult doctor

GRAINS

Barley 4-6 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



DAIRY

Cow Milk 12 months
Cheese 8-10 months
Cottage Cheese 8-10 months
Cream Cheese 8-10 months
Yogurt (6)8-10 months



* This chart is conservative in nature. It should not be used to replace the advice of your doctor. Foods are grouped by age relative to ease of digestability, taste, texture and possible allergy risks for baby's stage.



Always consult your baby's pediatrician about introducing new foods, and feeding your baby.