



# Foods For Baby

Four to Six (4-6) Months Old

CEREALS & GRAINS: Rice - Barley - Oat

FRUITS: Avocado - Apples - Bananas - Pears

VEGETABLES: Acorn/Butternut Squash - Sweet Potatoes - Green Beans

PROTEIN : None

DAIRY: None

Try mixing together the foods that you have already introduced without allergies or reactions. Try Apples with Acorn Squash for example



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Feed your baby with wholesome  
goodness and lots of Love!