

A GUIDE TO INTRODUCING SOLIDS TO YOUR BABY

PRO-TIP #1: YOU CAN ADD YOUR BREAST MILK TO FRUIT AND VEGGIE PUREES.

PRO-TIP #2: FRUITS CAN BE PUREED OR SMASHED.

PRO-TIP #3: MAKE SURE VEGETABLES ARE COOKED WELL, STRAINED OR PUREED.

****THIS LIST IS NOT EXHAUSTIVE OF FRUITS & VEGETABLES YOU MAY GIVE YOUR BABY****



SIGNS YOUR BABY IS READY FOR SOLIDS

- 1. YOUR BABY CAN HOLD HIS/HER HEAD UP WITHOUT ANY ASSISTANCE**
- 2. YOUR BABY CAN SIT UPRIGHT ON A HIGH CHAIR**
- 3. YOUR BABY CAN MOVE FOOD AROUND HIS/HER MOUTH**
- 4. YOUR BABY OPENS AND CLOSES HIS/HER MOUTH AROUND A SOFT BABY SPOON**

FOODS FOR BABIES AGES 4 - 6 MONTHS

- 1. VEGETABLES: PEAS, SQUASH, CARROTS**
- 2. FRUIT: APPLES, BANANAS, PEACHES, PEARS**
- 3. CEREAL: OAT CEREAL, BARLEY CEREAL**
- 4. DAIRY: UNSWEETENED YOGURT**
- 5. PROTEIN: NOT RECOMMENDED FOR BABIES YET**

FOODS FOR BABIES AGES 6 - 8 MONTHS

- 1. VEGETABLES: CARROTS, SQUASH, SWEET POTATOES, PEAS**
- 2. FRUITS: BANANA, PEARS, APPLES, PEACHES, AVOCADO**
- 3. CEREAL: OAT CEREAL, BARLEY CEREAL**
- 4. DAIRY: UNSWEETENED YOGURT, SOFT CHEESES**
- 5. PROTEIN: PUREE BEEF, POULTRY, PORK**
- 6. LEGUMES: CHICKPEAS, EDAMAME, LENTILS**

FOODS FOR BABIES AGES 8 - 12 MONTHS

- 1. VEGETABLES: CARROTS, SQUASH, POTATOES, SWEET POTATOES**
- 2. FRUITS: BANANAS, PEARS, PEACHES, AVOCADO, APPLESAUCE**
- 3. CEREAL: OAT CEREAL, BARLEY CEREAL**
- 4. PROTEIN: BEEF, POULTRY, PORK, FISH, EGGS**
- 5. LEGUMES: CHICKPEAS, EDAMAME, LENTILS, PINTO BEANS**
- 6. DAIRY: UNSWEETENED YOGURT, SOFT CHEESES**

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