

# Foods For Baby

## 4-6 MONTHS

Apples 4-6 months  
Avocados 4-6 months  
Bananas 4-6 months  
Pears 4-6 months

Beans (Green) 4-6 months  
Sweet Potato 4-6 months  
Squash-Butternut etc 4-6 months

Barley 4-6 months  
Oatmeal 4-6 months  
Rice 4-6 months

## 6-8 MONTHS

Mango 6-8 months  
Nectarines 6-8 months  
Peaches 6-8 months  
Papaya (6)8-10 months  
Plums 6-8 months  
Prunes 6-8 months  
Pumpkin 6-8 months

Carrots 6-8 months  
Cauliflower (6)8-10 months  
Parsnips 6-8 months  
Peas 6-8 months  
Zucchini etc 6-8 months

Chicken 6-8 months  
Turkey 6-8 months  
Yogurt (6)8-10 months



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## 8-10 MONTHS

Cranberries 8-10 months  
Figs 8-10 months  
Grapes 8-10 months  
Kiwi 8-10 months  
Melons 8-10 months  
Persimmons 8-10 months  
Blueberries 8-10 months  
Cherries 8-10 months  
Coconut 8-10 months

Beef 8-10 months  
Eggs 8-10 months  
Pork 8-10 months  
Tofu 8-10 months

Buckwheat/Kasha 8-10 months  
Flax 8-10 months  
Kamut 8-10 months  
Millet 8-10 months

Cheese 8-10 months  
Cottage Cheese 8-10 months  
Cream Cheese 8-10 months  
Wild Game - consult doctor



\* 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 digestibility, taste, texture and possible allergy risks for baby's stage.

## 8-10 MONTHS

Asparagus 8-10 months  
Broccoli 8-10 months  
Beans - Legumes (8)10-12 months  
Beets 8-10 months  
Cucumber 8-10 months  
Eggplant 8-10 months  
Leeks 8-10 months  
Onions 8-10 months  
Turnip 8-10 months  
Peppers 8-10 months  
Potato-White 8-10 months



## 10 MONTHS +

Corn 10-12 months  
Fish 10-12 months  
Spinach 10-12 months  
Tomatoes 10-12 months  
Citrus 12 months  
Strawberries 10-12 months

Cow Milk 12 months