

Introducing **WHOLE FOODS** Schedule

Make sure your little one is able to sit up in a high chair with their head up before starting solid foods!

Inspired by **Stardust and Bloom**

4-6 months

CEREAL/GRAINS:

- white rice cereal ☺ ☹
- brown rice cereal ☺ ☹

FRUIT: *Cooked purees*

- banana ☺ ☹
- apple ☺ ☹
- avocado ☺ ☹
- pear ☺ ☹
- peach ☺ ☹
- nectarine ☺ ☹
- plum ☺ ☹

VEGGIES: *Cooked purees*

- sweet potato ☺ ☹
- white potato ☺ ☹
- butternut squash ☺ ☹
- carrot ☺ ☹
- pumpkin ☺ ☹
- parsnip ☺ ☹

6-7 months

CEREAL/GRAINS:

- wheat ☺ ☹
- oats + barley ☺ ☹
- quinoa ☺ ☹
- pasta ☺ ☹

FRUIT: *Cooked purees/mashed*

- blueberry ☺ ☹
- papaya ☺ ☹
- melons ☺ ☹
- apricot ☺ ☹
- grapes + raisins ☺ ☹
(chopped/pureed)

VEGGIES: *Cooked purees/mashed*

- green beans ☺ ☹
- bell pepper ☺ ☹
- broccoli ☺ ☹
- peas ☺ ☹
- zucchini ☺ ☹

VEGGIES (CONT'D):

- dried beans + lentils ☺ ☹
- onions ☺ ☹
- asparagus ☺ ☹
- beets ☺ ☹

MEAT:

- start with chicken ☺ ☹
- beef ☺ ☹
- pork ☺ ☹
- lamb ☺ ☹
- turkey ☺ ☹

EGGS + DAIRY:

- cooked egg yolk ☺ ☹
- yogurt/cooked milk ☺ ☹

OTHER:

- white fish + others ☺
- aromatic spices ☹
- mushrooms ☺

8+ months

FRUIT: *Raw sticks*

- ☺ ☹
- ☺ ☹

VEGGIES: *Cooked sticks*

- ☺ ☹
- ☺ ☹

DAIRY:

- mild hard cheese ☺ ☹

PROTEINS:

- bacon + ham ☺ ☹
(small amounts)
- tofu ☺ ☹
(end of stage)

OTHER:

- flax seeds (ground) ☺ ☹

10+ months

FRUIT:

- pineapple ☺ ☹
- mango ☺ ☹

VEGGIES: *Cooked + raw sticks*

- spinach ☺ ☹
- okra ☺ ☹

DAIRY:

- mild hard cheese ☺ ☹

12+ months

FRUIT:

- citrus ☺
- tomatoes ☹
- strawberries ☺
- raspberries ☹

VEGGIES:

- corn ☺

DAIRY: *Introduce low-fat after 2 yrs*

- whole milk to drink ☺

NUTS: *Watch for reactions w/ground nuts*

- peanuts ☺
- peanut butter ☹
- other nuts ☺

OTHER:

- honey ☺

3 DAY RULE

When introducing new foods, follow the 3 Day Rule: only one new food every 3 days to get to the source of any potential allergies.

Remember, always consult with your child's pediatrician before introducing solid foods. Discuss any foods that may pose allergy risks for your little one as well as signs of an allergic reaction.

