



BABY FOOD INTRODUCTION CHART

6 Months, Baby Lead Weaning (BLW) (*all cut finger-sized or larger)

- **Apple, roasted wedge**
- **Avocado spears**
- **Banana**
- **Beef, ground (large piece)**
- **Beef hamburger patty (sliced)**
- **Beet, steamed or roasted**
- **Broccoli florets, roasted/steamed**
- **Cauliflower florets, roasted/steamed**
- **Chicken, dark meat shredded**
- **Cucumber**
- **Green bean**
- **Egg, hard cooked**
- **Figs, halved**
- **Lamb**
- **Mango**
- **Meatball**
- **Melon slices**
- **Peach**
- **Pear**
- **Potato, wedges**
- **Steak**
- **Sweet potatoes**
- **Watermelon**
- **Toast with peanut butter**

Continue serving foods from previous months as baby grows

Avoid cow's milk, honey, added sugar, and excess added salt

Know that babies learn to eat at different speeds

Offer water at meals



BABY FOOD INTRODUCTION CHART

6 months, purees

- **Almond butter puree**
- **Applesauce, unsweetened**
- **Avocado puree**
- **Banana puree**
- **Baby oatmeal**
- **Bean puree**
- **Butternut squash puree**
- **Egg yolk, hard cooked mashed with water**
- **Green bean puree**
- **Melon puree**
- **Peach puree**
- **Peanut butter puree**
- **Pear sauce, unsweetened**
- **Pumpkin puree**
- **Sweet potato, mashed**
- **Whole milk plain yogurt**
- **Single ingredient baby food**



BABY FOOD INTRODUCTION CHART

7-8 months, purees

- **Baby rice crackers**
- **Beet puree**
- **Guacamole**
- **Kiwi puree**
- **Hummus**
- **Pineapple puree**
- **Prune puree**
- **Strawberry puree**
- **Spinach puree**
- **Smoothies**
- **Mixed ingredient baby foods**
- **Tomato sauce**
- **Tomato sauce with ground meat**

7-8 months BLW

- **Brussels sprouts**
- **Kiwi**
- **Orange segment**
- **Pineapple spear**
- **Strawberry**



BABY FOOD INTRODUCTION CHART

9-10 months (start to dice as finger food)

- **Banana**
- **Barley**
- **Beans, slightly mashed**
- **Beef, ground**
- **Blueberries, diced**
- **Cheese, shredded**
- **Chex cereal**
- **Chicken, ground**
- **Clementine, diced**
- **Cottage cheese**
- **Corn**
- **Goat cheese**
- **O cereal**
- **Oatmeal**
- **Pasta**
- **Peas**
- **Potatoes**
- **Puffs**
- **Quinoa**
- **Rice**
- **Salmon**
- **Tomatoes**
- **Turkey, ground**

For more information on baby led weaning, visit: <https://bit.ly/2TxYpUh>