

# Food ideas for your baby



### Grain products

- ❑ **Iron-enriched baby cereals**
  - Oat
  - Barley
  - Rice
  - Soy
  - Mixed (multigrain)
- ❑ **Other grain products**
  - Barley
  - Chapati, naan bread, pita bread, tortillas
  - Couscous
  - Cream of wheat
  - Millet
  - Oatmeal
  - Quinoa
  - Pasta
  - Short grain sticky rice
  - Toasted bread
  - Unsalted crackers
  - Unsweetened oat ring cereal

**Other**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Meat and alternatives

- ❑ **Eggs**
- ❑ **Fish**
  - Brook trout and other trout
  - Cod
  - Haddock
  - Halibut
  - Salmon
  - Sole
  - Tilapia
- ❑ **Legumes**
  - Chickpeas
  - Edamame (soy beans)
  - Lentils
  - White, black, or kidney beans
- ❑ **Meat and poultry**
  - Beef
  - Chicken
  - Lamb
  - Pork
  - Turkey
  - Veal
- ❑ **Tofu**
- ❑ **Smooth nut butters, plain**
  - Peanut butter
  - Almond butter

**Other**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Note:** Generally speaking, the foods in this table are presented in alphabetical order and not in order of introduction.  
To learn more, see [How should I introduce foods?](#), page 466.

## Food ideas for your baby

### Vegetables and fruit

#### Vegetables

- Asparagus
- Avocado
- Broccoli
- Brussels sprouts
- Carrots
- Cauliflower
- Corn
- Mushrooms
- Onions
- Peas (baby peas)
- Peppers
- Potatoes
- Squash
- Sweet potatoes
- Tomatoes
- Turnip
- Yellow and green beans
- Zucchini

#### Fruit

- Apricots
- Apples
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Clementines
- Grapefruit
- Grapes
- Mangos
- Melons
- Oranges
- Peaches
- Pears
- Plums, prunes
- Raspberries
- Strawberries

Other

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Milk and dairy products

#### Fresh cheese

- Cottage
- Ricotta

#### Kefir

#### Mild hard cheese

- Cheddar
- Gouda

#### Plain yogurt

**Can be introduced between 9 and 12 months**

Pasteurized cow's milk or goat's milk (3.25% milk fat)

Other

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_