




Introducing Solid Foods at 8-10 Months Old



	Date Introduced	Like or Dislike?	Reactions?
CEREALS and GRAINS			
	Amaranth		
	Barley		
	Buckwheat		
	Flax		
	Kamut		
	Millet		
	Oats		
	Pasta		
	Quinoa		
	Sesame		
	Spelt		
	Wheat/Wheat Germ		
	Crackers/Breads		
Notes:			
FRUITS			
	Avocado		
	Apricots		
	Apples		
	Bananas		
	Blueberries		
	Cantaloupe		
	Cherries		
	Cranberries		
	Dates		
	Figs		
	Grapes		
	Kiwi		
	Mangos		
	Nectarines		
	Papaya		
	Peaches		
	Pears		
	Persimmons		
Plums			
Prunes			
Pumpkin			
Notes:			

Introducing Solid Foods – 8-10 Months Old



	Date Introduced	Like or Dislike?	Reactions?
VEGETABLES			
	Acorn Squash		
	Artichokes		
	Asparagus		
	Broccoli		
	Butternut Squash		
	Carrots		
	Cauliflower		
	Eggplant		
	Fennel		
	Green Beans		
	Leeks		
	Mushrooms		
	Onions		
	Parsnips		
	Peas		
	Peppers		
Summer Squash			
Sweet Potatoes			
Zucchini			
Notes:			
PROTEIN			
	Beans (legumes)		
	Chicken		
	Egg Yolks (or whole egg – check w/pedi)		
	Ham – natural only		
	Pork		
	Turkey		
	Tofu		
Notes:			
DAIRY			
	Cheeses of all types but no soft cheese such as Brie		
	Plain Whole Milk Yogurt		
Notes:			