

Fresh from the Garden of Eden

BABY FOOD CHART TO 12 MONTHS OLD

	From around 6 months Please get advice before starting solids	7 - 9 months Encourage soft and lumpier foods	9-12 months experience family food + encourage self feeding	Foods to avoid
Breast Milk	On demand (8 to 12 feeds per day)	Feeds begin to decrease as baby begins to eat more solid food (4 to 6 feeds per day)	Feeds begin to decrease as baby begins to eat more solid food	Artificial fruit juices with coloring. Water is best after breastmilk or formula. WARNING - If there is a family history of dairy, fish, egg allergy, delay until after 12 months and if there is a history of peanut allergy delay until after 3 years
Formula	Every 2-3 hours (6-8 feeds per day)	Formula decreases to 3 to 5 bottles per day (16-20 oz.)	Drinking from a cup should be encouraged. Water is best after formula.(16-20 oz.)	
Grains	Rice Cereal	Oats, baby muesli, smooth bread, pasta and rusks	Homemade Veggie/Fruit Muffins (Make in bulk and freeze to have ready at all times)	Foods should be gluten free until 6 months of age - gluten is found in wheat, rye, oats & barley.* High Fibre, pastries and sweet baked products should be avoided.
Vegetables	Peeled, cooked and pureed root vegetables: sweet potato, pumpkin, carrot (and combinations)	Peeled, cooked and pureed vegetables: broccoli, courgette (zucchini), spinach, cauliflower (and combinations)	Cooked and pureed/mashed vegetables: green beans, creamed corn, parsnip, asparagus, button mushrooms, leek cabbage (and combinations)	Chips and fried foods
Fruit	Peeled, cooked and pureed fruit: pear, apple Mashed raw fruit: papaya, avocado, banana (and combinations)	Peeled, cooked and pureed fruit: apple and prune, Pureed apricots, peaches raw fruit: mango, mandarin, orange (and combinations)	Raw Fruit: seedless grapes, blueberries Dried Fruit: Cranberries, apricots, prunes, etc	Fruit with small pits and seeds
Dairy Food	Use baby's usual fluids (breast milk or formula) to make purees	full cream yogurts, cottage cheese	Cheese, goat cheese, milk puddings (rice pudding and soy pudding)	Strong, rich cheeses (blue vein, blue cheese, etc)
Meat + Chicken	None	Casseroled/minced/mashed meat: beef, lamb, pork and chicken	Tender strips of meat chicken	Sausages, salami, hot dogs - fatty processed meats
Lentils	None	Cooked and mashed lentils, beans, tofu	Baked Beans	WARNING - Starting from birth look for signs of lactose intolerance such as acid reflux, gas, discomfort, colic, red bottom, etc. Most babies will outgrow the intolerance by one year.
Eggs	None	Yolk only	Whole cooked eggs: omelette fritters, sandwiches	
Fish	None	White, thin boneless fish	"Fatty" fish such as salmon	Battered - processed fish Shellfish
Seeds + Nuts	None	None	Smooth nuts paste: almond butter	Whole nuts choking hazard!

* Although most babies can digest wheat - if you are concerned about allergy possibility, wait until after 1 year to introduce