

## **Schedule to Introduce Foods For Babies**

### **FRUITS**

At 6 months, after trying vegetables  
First try pears, apples, stewed then sieved  
prunes, papaya, very ripe bananas  
Leave raw fruit till 12 months.  
Leave citrus fruit till 12-18 months  
Leave berries till 12-24 months

### **CEREALS**

Start with a single grain. Begin with millet or rice.  
Leave gluten containing grains till 9 months, especially wheat.  
(Leave till 12 months if possible)  
Gluten free mix eg gluten free baby muesli  
Mix with expressed breast milk or formula or water

### **VEGETABLES**

At 6 months  
First try pumpkin, carrots, sweet potato, broccoli, cauliflower, potatoes, spinach,  
zucchini Leave peas till 12 months Leave tomatoes and corn till at least 12 months

### **EGGS**

Leave till 12 months Start by giving yolk of hard-boiled egg, then egg white.  
Avoid giving uncooked egg.

### **MEAT**

6-9 months. Can try lamb, chicken (organic/free range)  
Veal and beef contain some same proteins as milk.  
Fish- Leave till 12 months.

### **NUTS**

Not until 2-3 years (easy to inhale) unless soaked and ground.

### **OTHER FOODS**

Yoghurt-can try sheep/goats milk yoghurt after 9 months.  
Tofu-around 9 months **Legumes**-not before 9 months, hard to digest. Always  
cook them very well Tofu easier to digest, especially soft tofu.

Instead of chewing on rusks, can chew on home baked fingers of wheat-free bread.

### **VEGETARIAN BABIES**

The following food groups need attention:

**Protein**-use protein combining e.g. grains with legumes or nuts  
seeds with legumes or nuts e.g. breads with sesame or other seed spreads  
rice with sesame seeds

**Nuts and seeds:** Soak seeds o/night and blend seeds in blender then strain for  
nut milk

**Calcium**-If not eating dairy, can include soy products, tofu, broccoli, spinach (in  
soups), nut milk

**Iron**-Breast milk has good supply, but baby grows beyond that by 6 months.

