

# Wee Little One's

## WEANING CHART



### 4-6 months

#### READY?

Make sure your baby is able to sit up in a high chair with his or her head up before starting solid foods.

#### Cereal / Grains:

- white rice cereal 👍 👎
- brown rice cereal 👍 👎

#### Veggies:

As Cooked Purees

- sweet potato 👍 👎
- white potato 👍 👎
- carrots 👍 👎
- butternut squash 👍 👎
- pumpkin 👍 👎
- swede/rutabaga 👍 👎
- parsnip 👍 👎

#### Fruit:

As Cooked Purees

- banana 👍 👎
- pear 👍 👎
- avocado 👍 👎
- plum 👍 👎
- apple 👍 👎
- peach 👍 👎
- nectarine 👍 👎

### 6-9 months

#### Cereal / Grains:

- wheat 👍 👎
- wheat germ 👍 👎
- rye 👍 👎
- barley 👍 👎
- oats 👍 👎
- quinoa 👍 👎

#### Fruit:

As Cooked Purees & Mashed Raw Fruit If Soft

- blueberry 👍 👎
- papaya 👍 👎
- melon 👍 👎
- apricot 👍 👎
- mango 👍 👎
- kiwi 👍 👎
- pineapple 👍 👎
- tomato 👍 👎
- citrus 👍 👎
- strawberries 👍 👎
- raspberries 👍 👎
- raisins & grapes (chopped or pureed) 👍 👎

#### Veggies & Legumes:

As Cooked Purees & Mashed

- peas 👍 👎
- green beans 👍 👎
- zucchini 👍 👎
- bell pepper 👍 👎
- broccoli 👍 👎
- eggplant 👍 👎
- cauliflower 👍 👎
- creamed corn 👍 👎
- yellow squash 👍 👎
- beans 👍 👎

- lentils / dried beans 👍 👎
- onions 👍 👎
- asparagus 👍 👎
- turnips 👍 👎
- soy 👍 👎
- spinach 👍 👎

#### Dairy:

- yogurt & cooked milk 👍 👎

#### Eggs:

- cooked egg 👍 👎

#### Meat:

purees or mashed

- start with chicken 👍 👎
- beef 👍 👎
- pork 👍 👎
- lamb 👍 👎
- turkey 👍 👎

#### Fish:

- white fish 👍 👎
- light tuna 👍 👎
- salmon 👍 👎
- mackerel 👍 👎
- shell fish 👍 👎

#### Nuts:

- creamy peanut butter 👍 👎
- ground nuts 👍 👎

#### Other:

- aromatic spices 👍 👎
- herbs 👍 👎
- garlic 👍 👎
- mushrooms 👍 👎

## IMPORTANT!

### HIGHLY ALLERGENIC FOODS

The American Academy of Pediatrics (AAP) is now encouraging parents to introduce foods considered to be "highly allergenic" at an earlier age.

#### Can My Baby Eat These?

ONLY introduce the highly allergenic foods to your baby if both:

1

1. You have discussed any potential food allergies specific to your child with his or her pediatrician.

2

2. No signs of allergy were present with earlier foods that were introduced.



Highly Allergenic Foods (or foods likely to contain Highly Allergenic ingredients) are marked with a **RED CROSS**.

### 9-12 months

#### Fruit:

Previously introduced fresh soft fruits & vegetables diced into small bits or strips

#### Dairy:

- mild hard cheese 👍 👎

#### Meat:

Previously introduced meats can now be shredded, diced small or ground

- Bacon (small amounts) 👍 👎
- Ham 👍 👎

#### Grains:

- pasta 👍 👎

#### Tofu:

- toward end of stage 👍 👎

#### Other:

- flax seeds (ground) 👍 👎

### 12+ months

#### Veggies:

- corn 👍 👎

#### Dairy:

Lowfat milk may be introduced after two years of age

- whole milk to drink 👍 👎

#### Other:

- honey 👍 👎

## 3 DAY RULE

When introducing new foods to your baby, follow the 3 Day Rule: only one new food every three days to target any potential allergic reactions.

#### Sources:

- [Healthy Meals for Babies & Toddlers](#), Valerie Barret.
- [What to Expect the First Year](#), Murkoff, Eisenberg & Hathaway
- [www.homemade-baby-food-recipes.com](#)
- [www.uptodate.com](#)
- [www.babycentre.co.uk](#)

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