

## Food Introduction Schedule

The following is a guideline for introducing solid foods to your baby. It is important to begin with foods to supplement mother's milk, are high in iron and carbohydrates, and are easy on the baby's developing digestive and immune systems.

It is important to introduce one food at a time. Begin with one food and if the baby has had no bad reaction to it after 4-7 days, another food can be introduced. If the baby shows signs of food sensitivity such as sneezing, runny nose, rash around the anus or urethra, change in stool, or irritability –discontinue the food and wait until the symptoms are gone before trying other new foods.

Do not introduce a new food if the baby is ill. New foods should not be introduced if the baby is suffering from diarrhea, cramps or colic, or a skin or diaper rash. Common allergens should be avoided for the first year. These include cow's milk, wheat, citrus, eggs, peanuts, and chocolate.

### At Six Months

Summary: hypoallergenic, pureed or cooked mashed foods containing iron.  
1-2 Tablespoons per day.

Apricot	Banana*	Blackberry
Broccoli	Carrots	Cauliflower
Cherry	Grape	Sprouts (blended in water)
Kiwi	Peach	Pear
Prune	Squash	Yam
Artichoke		

### At Nine Months

Summary: Foods high in zinc and supportive of the immune system.  
2-4 Tablespoons per day. Cook all fruits and thoroughly cook cereals.

Apples	Black beans	Black strap Molasses
Avocado	Blueberry	Cabbage
Lima beans	Millet	Oatmeal
Papaya	Potato	Rice cereal
Split pea soup	String bean	Sweet potato

\* should be ripe, need not be cooked

### At Twelve Months

Summary: Foods high in zinc and fiber. Thoroughly cook cereals.  
4-10 Tablespoons per day.

Acorn Squash	Asparagus	Barley
Chard	Lentils	Parsnip
Tofu	Yogurt	

### At Eighteen Months

Summary: Foods high in B vitamins and Calcium

Beets	Buckwheat	Chicken
Eggplant	Fish	Greens
Kelp	Lamb	Rutabaga
Rye	Tahini	

### At Twenty One Months

Summary: Foods high in Protein.

Beef	Cottage Cheese	Nut butter
Peanut Butter	Sunflower Seeds	

### After 24 Months

Tomato	Corn	Wheat
Duck	Soy	

Adapted from:

Coping with Food Intolerances Fourth Edition, Dr. Dick Thom, DDS, ND, Sterling Publishing Company, New York. 2002. pp 87-91.

Naturopathic Pediatric Essentials Dr. Susan M. Roberts, ND., Healing Mountain Publishing, Wenatchee.2003 pp117-119.

**If you have questions, please contact your health care practitioner.**