



# Wee Little One's

# Weaning Chart



## 4-6 months

### READY?

*Make sure your wee little one 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 👍 👎

### Fruit:

#### *Cooked purées*

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

### Veggies:

#### *Cooked purées*

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

## 6-7 months

### Cereal / Grains:

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

### Fruit:

#### *Cooked purées & mashed, Some raw fruits*

- blueberry 👍 👎
- papaya 👍 👎
- melon 👍 👎
- apricot 👍 👎
- raisins & grapes (chopped or puréed) 👍 👎

### Veggies:

#### *Cooked purées & mashed*

- peas 👍 👎
- green beans 👍 👎
- zucchini 👍 👎
- bell pepper 👍 👎
- broccoli 👍 👎
- eggplant 👍 👎
- cauliflower 👍 👎

### Veggies: Cont'd...

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

### Dairy:

- yogurt & cooked milk 👍 👎

### Eggs:

- cooked egg yolk 👍 👎

### Meat:

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

### Fish:

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

### Other:

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

## 8+ months

### Fruit:

#### *Raw sticks*

- 👍 👎
- 👍 👎
- 👍 👎

### Veggies:

#### *Cooked sticks*

- 👍 👎
- 👍 👎
- 👍 👎

### Dairy:

- mild hard cheese 👍 👎

### Bacon & Ham:

- small amounts 👍 👎

### Tofu:

- toward end of stage 👍 👎

### Other:

- flax seeds (ground) 👍 👎

## 10+ months

### Fruit:

- pineapple 👍 👎
- mango 👍 👎

### Veggies:

#### *Cooked & raw sticks*

- spinach 👍 👎
- okra 👍 👎

### Dairy:

- mild hard cheese 👍 👎

## 3 DAY RULE

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

## 12+ months

### Fruit:

- citrus 👍 👎
- berries 👍 👎
- tomatoes 👍 👎
- strawberries 👍 👎
- raspberries 👍 👎

### Veggies:

- corn 👍 👎

### Dairy:

*Lowfat milk may be introduced after two years*

- whole milk to drink 👍 👎

### Nuts:

*Introduce as ground nuts and watch for allergic reaction*

- peanuts 👍 👎
- peanut butter 👍 👎
- other nuts 👍 👎

### Other:

- honey 👍 👎



**Remember,** always consult with your child's pediatrician before introducing solid foods to your baby and specifically discuss any foods that may pose allergy risks for your baby as well as signs of an allergic reaction.

### Sources:

Healthy Meals for Babies & Toddlers, Valerie Barret.

What to Expect the First Year, Murkoff, Eisenberg & Hathaway

[www.homemade-baby-food-recipes.com](http://www.homemade-baby-food-recipes.com)

[www.doh.state.fl.us](http://www.doh.state.fl.us)

Please note that every child is different and there are many approaches to weaning. This chart combines several of those approaches and is in no way an official guide to what is best for your child. All decisions made for your child are your sole responsibility and a consultation with your child's pediatrician is recommended prior to the introduction of any foods into your child's diet.

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