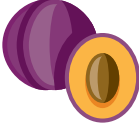




INTRODUCING BABY'S

6-MONTH
OLD EDITION

FIRST SOLIDS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BABY CEREAL WITH IRON 			PEARS 	BABY CEREAL WITH IRON 		PLUMS 
PEARS 	BABY CEREAL WITH IRON 	BUTTERNUT SQUASH 	PLUMS 	PEARS 	CHICKEN 	BUTTERNUT SQUASH 
PLUMS 	BANANAS 	PEARS 	CHICKEN 	LENTILS 	BANANAS 	BABY CEREAL WITH IRON 
APPLES 	BUTTERNUT SQUASH 	PLUMS 	CARROTS 	PEARS 	APPLES 	AVOCADO 
LENTILS 	PEAS 	APPLES 	BANANAS 	EGG 	BABY CEREAL WITH IRON 	CARROTS 

OTHER HEALTHY FOOD IDEAS:

Vegetables: broccoli, peppers, sweet potato, zucchini
Fruit: kiwi, mango, peach, prune, nectarine, apricot, pumpkin
Baby cereal with iron: barley, oat, rice, wheat
Grains: barley, couscous, pasta, quinoa, rice, toast
Milk alternatives: cheese, yogurt
Meat: beef, fish, lamb, pork, turkey, wild game
Meat alternatives: black beans, chickpeas, kidney beans, split peas, tofu



No honey before 12 months

HELPFUL TIPS

- Start with 1 - 3 teaspoons
- Begin with pureed, smooth or mashed food – change the texture as your baby develops better eating skills
- Hold off on introducing milk and juice until your baby is 12 months old
- Mix cereals and mashed cooked grains with breast milk, formula, or water to make it smooth and easy for your baby to swallow


Wait 3-5 days between new foods



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PREGNANT  CHICKEN