

# Introducing Solids

Use this chart to help guide you once your baby is ready for solids:

Food	4-6 months	6-8 months	8-10 months	10-12 months
<b>Fruit</b>	Pureed: apples, pears, banana, avocado, apricots, prunes	Pureed: same + mangoes and mixed fruit combinations	Small pieces of mashed: same + blueberries, cantaloupe, cherries, grapes	Small pieces: same + citrus fruits and dried fruit like raisins
<b>Vegetables</b>	Pureed: sweet potato, carrots, peas, green beans, winter squash	Pureed: same + yellow squash and zucchini	Small pieces or mashed: same + asparagus, broccoli, cauliflower, white potatoes, onions, peppers, leeks, mushrooms, parsnips	Small pieces: same + artichokes, beets, corn, cucumbers, spinach, tomatoes
<b>Grains</b>	Pureed: barley and oatmeal cereal	Pureed: barley and oats	Small pieces or mashed: Cheerios, multi-grain crackers, wheat toast, quinoa, kamut, millet	Small pieces: same + pasta, wheat cereals, bagels
<b>Protein</b>	None	Pureed: chicken, turkey, tofu	Small pieces of mashed: eggs, beans, legumes, beef, pork	Small pieces: same + white fish (cod, haddock etc.)
<b>Dairy (milk, yogurt, cheese)</b>	No	Plain whole milk yogurt	Small pieces or mashed: yogurt, hard cheeses, cottage cheese, cream cheese	Small pieces: same + whole milk (at 12 months of age)

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