



Starting Solids Checklist



in partnership with

Signs your baby is ready to start solids:

- Head control
- Sitting well when supported
- Becoming curious about food

QUICK TIP! Remember that the **QUALITY** of the baby food is very important. No matter how many chocolate bars you eat... it still doesn't equal a vegetable.

INTRODUCTION TO SOLIDS CHART

AGE	CONSISTENCY	WHAT?
4-6 months*	Smooth puree	Single Ingredient to start to introduce flavors and so your little one can learn to swallow puree
6-8 months	Smooth puree	Fruits, cooked vegetables, legumes, grains, and/or meat
8-10 months	More textured puree	Fruits, cooked vegetables, legumes, grains, and/or meat
10-12 months	More textured puree	Fruits, cooked vegetables, legumes, grains, and/or meat

*American Pediatric society recommends starting solids at 6 months, if you start earlier, make sure to check with your pediatrician.

INTRODUCING FOODS TO YOUR BABY

Whenever possible - use organic, nongmo, and in season fruits and veggies

4-6 months

Fruits

- Apple
- Avocado
- Banana
- Pear

Vegetables

- Green Beans
- Peas
- Sweet Potato
- Potato
- Squash
- Butternut
- Carrots

Grains

- Fortified Infant Cereal

Dairy

- Breastmilk or Formula

6-8 months

Fruits

- Apricot
- Mango
- Peach
- Prunes
- Melon

Vegetables

- Carrots
- Peas
- Squash
- Zucchini
- Kale
- Potato
- Broccoli
- Beets
- Fennel

Grains

- Finely ground & cooked
- Barley
- Oatmeal
- Rice

Meat

- Finely minced beef
- Poultry
- All except for shellfish

Dairy

- Breastmilk or Formula

8-10 months

Fruits

- Cranberries
- Seedless grapes
- Fig

Vegetables

- Asparagus
- Peppers
- Cauliflower
- Eggplant
- Spinach
- Turnip

Grains

- Finely ground & cooked
- Buckwheat
- Millet
- Pasta
- Quinoa

Meat

- All except for shellfish

Dairy

- Breastmilk or Formula

10-12 months

Fruits

- Strawberries

Meat

- All except for shellfish

Dairy

- Breastmilk or Formula

Tips: Make sure your fruit is ripe and your veggies are cooked.

What do each contain?

Vegetables: vitamin (like vitamin C, beta-carotene) and minerals (like potassium, magnesium, calcium, iron) and fiber

Meats: protein, vitamins and minerals (meat: iron, fish: iodine)

Fruit: carbohydrates, vitamins, minerals, and fiber

Cereal: carbohydrates, vitamins (like vitamin B1) & minerals, fiber

Legumes: protein, carbohydrates, fiber, vitamins & minerals