

Introducing Baby Food: Sample Schedule

**4-8
months**

Oatmeal
Peas
Green beans
Brown rice
Avocado
Pears
Peaches
Peanut butter

Sweet potato
Banana
Applesauce
Butternut squash
Pumpkin
Carrots
Quinoa
Barley

**6-10
months**

Broccoli
Zucchini
Black beans
Edamame
Chicken
Cottage cheese
Mango
Turkey
Cheese (cheddar, mozzarella, etc.)

Parsnips
Yellow squash
Asparagus
Blueberries
Chick peas
Greek yogurt
Egg yolks
Lentils

**9-12
months**

Spinach
Corn
Beets
Pork
Red meat

Kale
Tomatoes
Cauliflower
Eggplant
Citrus