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# BUILDING A HEALTHY CHILD

*Food Introduction Nutritional Program-A Parent's Guide to Foundational Childhood Nutrition for Lifelong Health*

## FOOD INTRODUCTION CHART

AGE	CATEGORY	EXAMPLES
Birth to 6 Months	Breastfed only	
6 Months	Hypoallergenic, cooked vegetables	Acorn squash, asparagus, artichoke, avocado, broccoli, carrots, cauliflower, green peas, sprouts, squash, string beans, sweet potatoes, yams, zucchini
8 Months	Cooked fruits	Apple sauce, apricots, bananas, beets, blackberries, blueberries, cherries, grapes, kiwis, nectarines, papaya, peaches, pears, plums, prunes
10 Months	Proteins and tougher vegetables	Beef, cabbage, chicken, egg yolks, fish, lamb, parsnips, spinach, Swiss chard, turkey
12 Months	Goat's milk, acidic fruits and vegetables	Goat's milk, oranges, pineapple, tomatoes
18 Months	Complex carbohydrates, shellfish	Beans, legumes, nuts (except peanuts), rice, seeds, shellfish, split pea soup, quinoa
24 Months	Grains, cow's dairy, hyperallergenic foods	Amaranth, barley, buckwheat, corn, cow's dairy, eggs, millet, oatmeal, soy, spelt, wheat
3 Years	Peanuts	